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ANOTHER DUNK IN THE MEDAL POOL

Members of Canada's men's rowing eight throw a teammate in Lake Dorney after winning the silver medal in Eton Dorney, near Windsor, England, at the 2012 Summer Olympics, Wednesday. Meanwhile, tattooed swim idol Brent Hayden thrilled fans when he picked up his first medal — a bronze. For the stories, see pages 45-46. NATACHA PISARENKO/THE ASSOCIATED PRESS

Will her rivals be treated to a swimming lesson?

• Couldn't wake up before sunrise to watch Brent Hayden at the 50-metre freestyle heats this morning? Don't fret: Check out more swim action as Toronto-born Martha McCabe competes in today's 200-metre breaststroke final at 2:30 p.m. ET on CTV

• Metro rounds up three other can't-miss events, so you won't stare blankly at co-workers when they start talking Olympics PAGE 46

• Faster, higher, stronger: Visit metronews.ca/olympics for daily galleries of the best Olympic snapshots

Bracing for bump in West Nile cases

Hot weather blamed. Far more mosquitoes testing positive for the virus, which can lead to serious illness when passed to humans

City health officials say mosquitoes may be giving you more than itchy bite marks, after finding that more of them are testing positive for West Nile virus than in any other summer over the past decade.

Twenty-four mosquitoes from 43 traps set up throughout the city were found to carry the virus, which can cause minor symptoms to brain inflammation in humans bitten by the pesky insects.

At this time last year, only six mosquitoes sampled had tested positive, and some years have seen none test positive, said Dr. Howard Shapiro, the city's associate medical officer of health.

"The warm weather we've been having (this year) may be the reason for that," he said, adding that it's likely that more mosquitoes survived the mild winter and are thriving now.

No human cases have been reported so far this year, but that may be because it's too early, Shapiro said. "We usually wouldn't know about it until later in August."

Twenty people were infected with West Nile virus by the end of last year. The mosquitoes feed on infected birds and pass on the virus when they bite unsuspecting humans.

Symptoms such as fever, headache and nausea develop three to 15 days after infection, and in rare cases progress into something more serious, such as meningitis or encephalitis, an irritation of the brain that affects walking and breathing.

Four out of five people bitten by a virus-carrying mosquito will experience no symptoms or illness. People over 50 and those with compromised immune systems are more susceptible, Shapiro said.

Waving away mosquitoes isn't enough to provide protection. Wear insect repellents, use window and door screens, and drain water in containers, Shapiro advised.

Although it's counter-intuitive, virus-spreading mosquitoes are more concentrated in urban areas than in cottage country. It could be because cities have more inconspicuous spots that contain stagnant water, where mosquitoes breed. TORSTAR NEWS SERVICE

West Nile symptoms

- Two to 15 days after infection, headaches, nausea, vomiting and body aches could develop. Skin rash and swollen glands may also occur.
- One in 150 people will develop serious symptoms including neck stiffness, extreme confusion, disorientation, vision loss and numbness.

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Public works

Toronto's private garbage pickup starts Tuesday

A private company will take over garbage collection between Yonge Street and the Humber River on Tuesday.

The city is asking residents in that area to make sure to have their trash at the curb by 7 a.m. even if it has usually been picked up later in the day. The company's collectors might come either earlier or later than residents are used to, said city director of collection operations Rob Orpin.

"We expect that, like in any large transition such as this, there may be a few bumps in the road, but by and large we're excited about the changes that are being made," said Coun. Denzil Minnan-Wong, chair of the public works committee. "While there may be the odd problem, I think staff are ready for the transition, and we are hopeful that it will be a seamless transition."

Coun. Denzil Minnan-Wong. METRO FILE

TORSTAR NEWS SERVICE

In the courts

Rights breached, says judge as BB gun charge tossed

A judge has acquitted a Toronto man of carrying a concealed weapon — a BB gun — because police were unable to specify what offence they suspected him of committing before searching him.

"No less than four Charter rights were breached in one brief encounter with a young black man … who was simply standing outside a strip mall," Ontario Court Justice Diane Oleskiw wrote in a 17-page ruling released this week.

The multiple violations include arbitrary detention, failure to advise him of the reason for his detention, right to counsel and conducting an unauthorized search.

TORSTAR NEWS SERVICE

City's bike rings made in Mississauga

Long Branch Foundry. Unit has cast 16,000 post-and-ring bike stands for Toronto

They have become symbols of urban life in Toronto, but they come from the heart of industrial Mississauga.

Toronto's post-and-ring bike stands have been a streetscape fixture since the mid-'80s, and the popular design has since been copied around the world.

Today, officials estimate there are more than 16,000 bike rings scattered across the city. And every single one came from an industrial strip in Mississauga, where the Long Branch Foundry is located.

The Long Branch Foundry has been Toronto's bike ring manufacturer for more than 25 years. It also recently won the $78,000 tender to produce 1,000 new rings for the city, which have been redesigned so they can no longer be easily broken by bike thieves.

For owner Luigi Soda — a "master foundryman," according to the ring's designer, David Dennis — spotting the ubiquitous bike rings around Toronto has become a point of pride.

"I'm pretty proud of it," said Soda, a machinist by trade who took over the foundry in 2006. "It's something I even tell my kids. Like, 'Hey look, Daddy made that.'"

But then, Soda quickly corrects himself: "Well, actually, I didn't make it, per se. We make it."

He says "we" because, behind Soda, there is a team of 17 hard-working, dusty-faced employees.

It takes five of them to produce one bike ring: A furnace man, who melts the metal; a molder, who makes the bike ring mold; a material handler, who removes the ring from the mold; a saw man, who trims the excess metal; and finally, a finisher, who polishes the ring and checks for nicks and imperfections.

A foundry is a "pretty tough environment," Soda admits. His men work with dangerous tools and handle the piping hot metals being melted inside the foundry's five crucibles, which are vessels that can withstand high temperatures.

The crucibles are fired 24 hours a day, seven days a week ("You don't wanna know," Soda says, when asked about his hydro bills). The work environment is especially harrowing during the muggy height of summer — on any given day, it is at least 10 or 15 degrees hotter inside the foundry.

"They are artisans," Soda says of his employees. "(This work) is really dictated by experience. You just can't buy that knowledge."

TORSTAR NEWS SERVICE

Long Branch Foundry employee Balachandran Vinayagamoorthy pours metal to form a bike ring at the Mississauga shop. The foundry is manufacturing 1,000 new bike rings that have been reinforced so that they can no longer be broken by bike thieves. ANDREW FRANCIS WALLACE/TORSTAR NEWS SERVICE

By the numbers

80

Foundry owner Luigi Soda says his team can make up to 80 bike rings a day. They all take great pride in their work, so it came as a blow when they learned in 2006 that bike thieves were busting the rings with two-by-fours.

1 NEWS

On the web

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Sorbara's farewell means another byelection

Vacancy in Vaughan. Popular Liberal MPP says after '13 years of benign neglect' he must spend more time with his family

Liberal MPP Greg Sorbara is retreating from elected life, triggering a second fall byelection in Ontario.

Sorbara, Premier Dalton McGuinty's confidant, friend and a former provincial finance minister, announced Wednesday he is resigning as MPP of Vaughan.

Now that there are two byelections at play — in Vaughan and in Kitchener-Waterloo, where PC MPP Elizabeth Witmer quit in April to become chair of the Workplace Safety Insurance Board — the Liberals are expected to fight hard to try to recapture a majority government.

The Liberals now hold 51 seats in the legislature, excluding Speaker Dave Levac, versus a combined tally of 53 seats for the Progressive Conservatives and the New Democrats.

At the end of June, Ontario was nearly thrown into an election as the NDP appeared to back away from supporting the Liberal budget bill. Behind the scenes, Liberals have tried to lure NDP and PC members away in a bid to regain majority rule.

A veteran politician, Sorbara wants to devote more time to his family, on his business and on a looming provincial election.

Sorbara, who apprenticed under former premier David Peterson, will stay politically involved as he remains chair of the Ontario Liberal Party campaign.

TORSTAR NEWS SERVICE

Greg Sorbara kisses his wife, Kate, at a press conference Wednesday to announce he is retiring from politics. BERNARD WEIL/TORSTAR NEWS SERVICE

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Appeal Court. Man jailed four more years for sexually abusing niece

The Ontario Court of Appeal has more than doubled the sentence imposed on a Markham businessman who sexually abused his immigrant niece, threatening to have her deported if she told.

The original sentence of three years, set by Ontario Superior Court Justice Cory Gilmore in June 2011, was so low as to be "manifestly unfit," three Appeal Court judges ruled Wednesday.

Justices Kathryn Feldman, David Watt and Michael Dambrot raised the sentence to seven years.

The victim, whose identity is protected, emigrated from the South Pacific in the mid-1980s when she was 15 to get an education and improve her life. She moved in with her aunt and her uncle by marriage.

The uncle began grooming her for sexual activity, touching her and forcing her to watch pornographic videos.

The assaults began in 1988 when he came into her room at night to fondle her. It progressed to forced oral sex. Then came sexual intercourse three times a week, in the basement, the family car or in the uncle's bed. He threatened she would be deported if she told.

The abuse — including 124 instances of intercourse — continued three years and ended only at age 19 after, as a way of extricating herself, the niece asked her aunt to arrange a marriage in a faraway city.

The uncle admitted at his jury trial in Newmarket to only eight instances of intercourse during one year, but claimed the victim pursued him. He has shown no remorse other than admitting moral mistakes, Feldman said.

The trial judge made an error in law in setting the range of sentence too low, at three to five years, wrote Feldman. "She then imposed a sentence at the bottom end of the range on the basis that the circumstances were not 'the worst,'" he said.

The appropriate minimum for an adult in a position of trust who sexually abuses a child should be five or six years, the judge said.

Mark Halfyard, the uncle's appeal lawyer, said the decision "signifies the court is treating these kinds of offences very, very seriously."

TORSTAR NEWS SERVICE

Judges' written ruling

"Her extra vulnerability came from the fact that she was an immigrant to Canada, totally dependent on the respondent and his wife for everything in life including the ability to remain in this country."

Justice Kathryn Feldman

Halton Hills

Woman seriously injured after SUV plows into gym

A woman is in hospital after she was pinned under an SUV that plowed through the front window of a fitness club in Halton Hills, northwest of Toronto.

Police say the 36-year-old receptionist was eating lunch at her desk Tuesday when a car smashed into the lobby and pushed her through a wall.

It took emergency crews roughly 45 minutes to free the woman, who was seriously injured.

Police say the SUV destroyed the reception area and nearly went through the building. Neither the driver nor her 19-month-old son were hurt.

Investigators say they're looking into the possibility of mechanical failure or driver error.

City inspectors have ordered everyone to stay out of the building until it is deemed safe.

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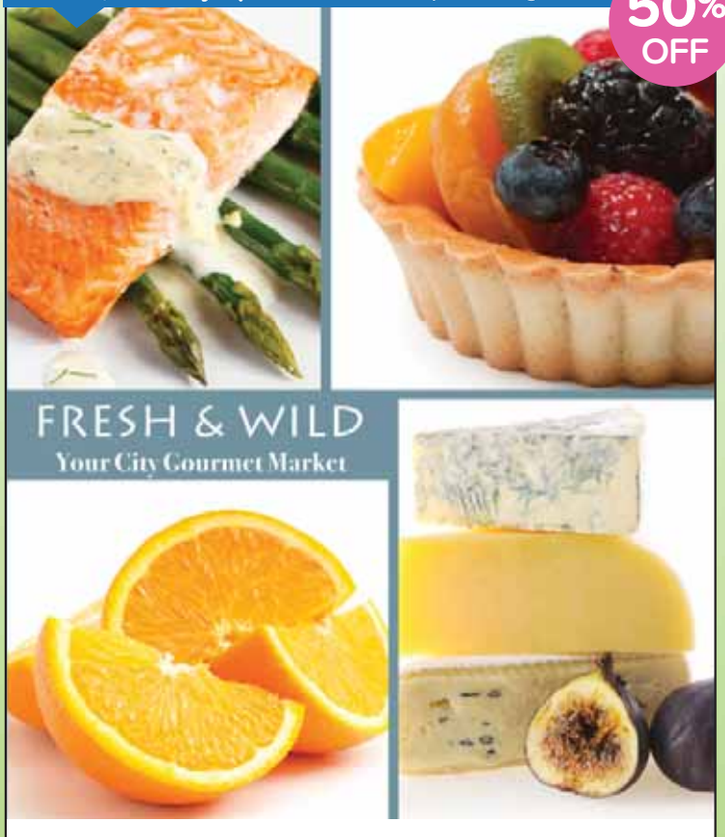

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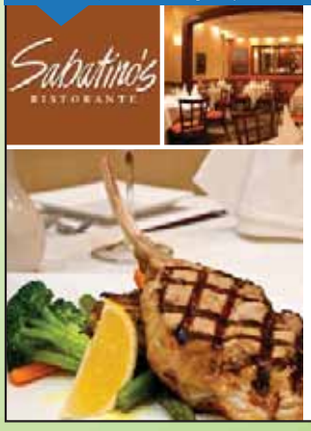

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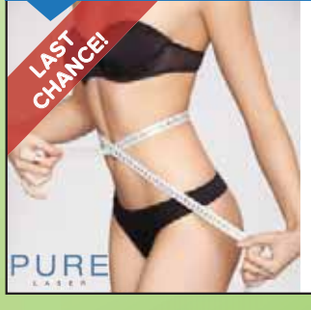

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Labour. CAW, CEP pitch merger into super union

Labour leaders have unwrapped the framework of a new super union that would double organizing muscle and extend its reach into communities across the country to counter a "bare-knuckled assault" by governments and corporations.

The proposed biggest union in the country plans to jack up spending on organizing workers to more than $50 million from 2013 through 2017 in a major push to reverse a continuing decline in membership.

The Canadian Auto Workers (CAW) and the Communications, Energy and Paperworkers union (CEP), who are trying to form a new super union next year, revealed Wednesday that the money would represent about 10 per cent of annual revenues and is a significant jump from current levels, which range from two to eight per cent of budgets.

"Coming out of the chute, there will be a lot of interest," said CAW secretary treasurer Peter Kennedy. "We want to have an organizing group ready to catch that wave."

Delegates at separate conventions will vote on details of the proposed union this month and in October.

Peter Kennedy, CAW secretary treasurer
TANNIS TOOHEY/TORSTAR NEWS SERVICE

The two unions, which represent about 320,000 workers, say the labour movement's power has eroded in the last three decades because of declining memberships. An immediate priority will be allocating more human and financial resources in organizing so they can build "density" and better bargaining clout in several sectors. **TORSTAR NEWS SERVICE**

Hit-and-run. Wanted man known to police

The man wanted in connection with a recent hit-and-run has a history with the law, including a 2005 incident where crack cocaine and marijuana were found inside his vehicle, which was smeared with what court records describe as "birthday cake."

Officers were attempting to arrest a man near Absolute Avenue and Hurontario Street in Mississauga around 8:20 p.m. Monday when his vehicle mounted the sidewalk.

It struck another man, sending him to hospital with head injuries, a fractured leg and internal injuries. He remains in critical condition.

The vehicle, which is registered to a Mississauga rental car company, fled the scene.

Police have issued an arrest warrant for Jerome Jackson, 26, of Brampton, on charges of drug trafficking and dangerous driving. **TORSTAR NEWS SERVICE**

Be on the lookout

- Police are looking for Jackson and a black 2007 Lincoln MKX SUV with the licence plate BNBA 718. Jackson is described as black, five-foot-eight, with a heavy build and a beard. He is considered armed and dangerous.

'I'm going to have nightmares about this'

Falling debris. Woman's arm was sliced open after piece of insulation shattered glass

Terra Zammit helps her mother, Madonna Broderick, into a sling. Broderick's arm was almost severed on Tuesday after a piece of insulation flew down and shattered a pane of glass where she was seeking shelter from the rain.
KATE ALLEN/TORSTAR NEWS SERVICE

For months, condo-balcony glass exploded and concrete fell from the Gardiner Expressway without injuring anyone.

But Torontonians' luck with raining debris came to an end Tuesday in gruesome fashion.

Madonna Broderick's arm was nearly severed when a sheet of insulation flew down and shattered a pane of glass in the alcove where she was sheltering from a thunderstorm.

The glass sliced her arm from wrist to elbow, opening up a gash deep enough to see bone. Doctors used more than 50 stitches to sew the wound shut.

Broderick, 55, is a diabetic and terrified she might lose her arm.

"I'm going to have nightmares about this," she said, twice breaking down into tears while she described the ordeal. "This much closer and it would have been my head."

Jong Yoo owns the Bathurst and St. Clair dry-cleaning store whose window was shattered. He witnessed the grisly incident.

"Suddenly, this thing came down like a projectile," Yoo says. "Next thing you know she was screaming."

Police are investigating and the family is meeting with a lawyer — they intend to sue once the source of the debris is definitively established.

Yoo says that when he phoned the construction company working on the condominium development across the street to complain about flying insulation and his window, servicemen came to install a temporary pane that same day.

The company behind the 19-storey condo, 530 St. Clair W., says that "nobody is sure" where the insulation sheet came from. The company emailed a statement in response to inquiries from the Torstar News Service.

"We are aware of yesterday's unfortunate weather-related incident, and we are co-operating fully with the resulting investigation," wrote developer Larry Blankenstein on behalf of the Goldman Group and Lash Development Corporation.

"Until the results of the investigation into the cause of yesterday's incident are known to us, we are unable to provide further comment, other than to express our sympathies for the individual injured and our hope for a speedy recovery." **TORSTAR NEWS SERVICE**

Crime

Charge laid after dog left in hot car

A man has been charged under the Ontario SPCA Act after a dog was left unattended in a hot car in June.

Parker escaped from his rescuers and briefly brought traffic on the downtown Gardiner Expressway to a halt on June 21 before a Toronto police officer caught him.

The Kingston man faces one count of permitting distress. **TORSTAR NEWS SERVICE**

Safety

Coalition targets distracted drivers

The Ministry of Transportation, Ontario Provincial Police and the Canadian Automobile Association are teaming up to crack down on distracted driving in a four-week campaign that launches this weekend.

OPP highway-safety chief Supt. Don Bell says they'll concentrate on people who use hand-held devices when driving. **THE CANADIAN PRESS**

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Kudos. Metro, Star proud of Pan Am Games mission

Metro News and Star Media Group are proud to announce we have been named as the official Print and Online Media Supplier for the 2015 Pan American and Parapan American Games in Toronto.

"We are excited about this remarkable opportunity," said Metro English Canada President Bill McDonald.

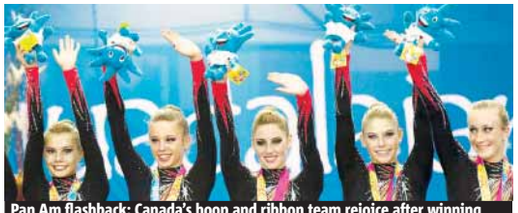
"And we're looking forward to providing Metro readers with the Games highlights, features, personality profiles and more — delivered with the urban attitude our readers expect."

Toronto Star Publisher and Star Media Group President John Cruickshank said: "Our goal is to provide Canadians from coast to coast with comprehensive, balanced news and in-depth information about the Games through the Toronto Star and our Metro newspapers in Toronto, Vancouver, Edmonton, Calgary, Saskatoon, Regina, Winnipeg, London, Ottawa and Halifax."

The Pan American Games, one of the world's largest multi-sport events, is held every four years for athletes of the Pan American Sports Organization's 41 member states.

Featuring 48 sports, including all Olympic Summer Games events, the Games will draw more than 10,000 athletes and officials to Toronto and the Greater Golden Horseshoe area.

The 2015 Games will run from July 10-26, followed by the Parapan American Games on Aug. 7-14. For more information, visit Toronto2015.org. METRO



Pan Am flashback: Canada's hoop and ribbon team rejoice after winning a silver medal at the 2011 Games in Mexico. NATHAN DENETTE/THE CANADIAN PRESS

Needle found

Spiked sandwich jolts Air Canada

A "full investigation" is underway at Air Canada after a passenger found what appeared to be a sewing needle in a catered sandwich aboard a flight from Victoria to Toronto.

Airline spokesperson Peter Fitzpatrick says Air Canada is working closely with its caterers to ensure heightened security measures are in place.

Meanwhile, a spokesperson for Dutch police investigating how needles got into six turkey sandwiches on Delta Air Lines flights from Amsterdam to U.S. cities last month says it's too early to tell whether there's any connection with the Air Canada incident. THE CANADIAN PRESS

Women's 'hairy legs' add kick to a lawsuit

G20 case. Group sues police for $1.4 million, alleging sex-based discrimination, false arrest, battery — and profiling by officer

Alicia Ridge, middle, studies a Metro Toronto story about the lawsuit on Wednesday. RICK MADONIK/TORSTAR NEWS SERVICE

A woman suing Toronto police over her arrest during the G20 summit two years ago said it's not just about "hairy legs" — a description applied to female protesters by the arresting officer.

It's more about sex-based discrimination, said Alicia Ridge, 27.

Ridge is part of a group of seven people from Hamilton who sued Toronto police for $1.4 million Wednesday over their arrests during the 2010 summit, claiming false arrest, battery and malicious prosecution.

The women in the group claim they were profiled by an officer who wrote in his arrest notes that all the women had hairy legs — something he said he associated with G20 protesters.

Ridge, who is a nurse and studying to become a midwife, and also volunteers with a sexual assault centre, said the lawsuit was prompted by allegations beyond the "hairy legs" comment.

"My arresting officer, who was male, decided to do an initial search of my body, which was just basically running his hand up the side of my leg and grabbing my ass, along with sexualized comments and comments that were put out there to create fear," Ridge said Wednesday after serving the lawsuit at police headquarters.

None of the claims has been proven or tested in court. The Toronto Police Services Board was not immediately available to comment on the lawsuit.

The group alleges the police wrongfully arrested them on June 27, 2010 — a day after vandals went on a rampage in downtown Toronto — as they emerged from a pizza parlour. THE CANADIAN PRESS

How to spot a protester : Officer explains

A provincial police watchdog, the Ontario Independent Police Review Director, investigated and found the complaint "substantiated."

- **The officer.** The watchdog's report found Const. James Ure wrote that "all parties appear to be protesters ... and females all have hairy legs."
- **His arrest notes.** The officer told investigators he jotted down the "hairy legs" note as a general observation, calling unshaven female legs "one indicator that I associated with protesters down at the G20 that weekend."
- **The police.** A police spokesperson was not immediately able to say whether any action had been taken against the officer.

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Belarusian generals ousted after teddy bear air invasion

Human rights stunt. Swedes risked being shot down delivering messages to people of authoritarian country

It's probably the first time in history that teddy bears have defeated generals.

Belarus' authoritarian President Alexander Lukashenko has sacked two of the nation's top defence officials after two Swedish advertising agency employees piloted a light plane into the country's heavily guarded airspace, dropping 879 teddy bears decked out in parachutes and slogans supporting human rights.

Officials in the ex-Soviet state denied the July 4 incident until Lukashenko called a meeting last week to scold authorities for allowing such a "provocation."

The Belarusian ruler nicknamed "Europe's last dictator" on Tuesday fired the nation's air defence chief and the head of the Border Guards service, and reprimanded several other top security officials, his office said Wednesday.

Thomas Mazetti and Hannah Frey, the two Swedes behind the stunt, said they wanted to show support for Belarusian human rights activists and embarrass the country's military — a pillar of Lukashenko's power.

The Swedes' yearlong preparations involved learning how to pilot the three-seater Jodel aircraft and purchasing the plane. They financed the $184,500 US cost of the stunt working in a small advertising agency. THE ASSOCIATED PRESS

Thomas Mazetti and Hannah Frey of Sweden show a teddy bear on a parachute as they pose for a photo in Berlin, Germany, Wednesday. The slogan on the paper fixed to the bear reads "We support the Belarusian struggle for free speech". GERO BRELOER/THE ASSOCIATED PRESS

Murder highlights concerns for women's safety

Palestinians hold Arabic signs, Wednesday, that read, "Protecting women from violence is an official and social responsibility," right, and "Shame on us. We Palestinians for killing our women." MAJDI MOHAMMED/THE ASSOCIATED PRESS

The brutal killing of a battered wife in front of horrified witnesses in an open-air Bethlehem market prompted angry accusations Wednesday that Palestinian police and courts ignore violence against women.

Nancy Zaboun, a 27-year-old mother of three, had her throat slashed Monday after seeking a divorce from her abusive husband of 10 years. The husband was arrested at the scene and is the prime suspect, West Bank officials said.

The case reverberated across Palestinian society because of the brutality of the attack. However, violence against women continues to be tolerated — similar to attitudes in other parts of the Arab world — and women's rights activists say abusive husbands are rarely punished.

Zaboun was regularly beaten by her husband, 32-year-old Shadi Abedallah, at times so severely that she had to be hospitalized, said Khaula al-Azraq, who runs a West Bank counselling centre where Zaboun sought help.

Even so, Abedallah was never arrested. Police only made him sign pledges he would stop hitting his wife, said al-Azraq.

Zaboun was killed after attending a hearing in her divorce case. THE ASSOCIATED PRESS

Cracking down

- Last year, Palestinian President Mahmoud Abbas signed a decree ending the practice of treating killings within a family with leniency.
- Zaboun's husband could face life in prison if convicted.

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Nipawin, Sask.

Operator fined for 2008 explosion

A backhoe operator who was found responsible for an explosion that killed two men in Saskatchewan has been fined a total of $28,000, including compensation to the victims' families. Lorry Riemer was demolishing buildings in Nipawin in 2008 when he snagged a natural gas riser with his equipment. That caused gas to seep into a butcher shop, causing an explosion that killed two men working for Riemer and injuring several others.
CKBI/THE CANADIAN PRESS

Vancouver

Teens get drugs for sex: Study

A University of B.C. study suggests teenagers are trading sex for drugs and alcohol at a low but steady rate, yet the vast majority of them attend school and live at home with their parents. The study focuses on identifying sexual exploitation and the harms associated with unhealthy sexual relationships. THE CANADIAN PRESS

Elliot Lake

Mall collapse inquiry in January

A public inquiry into the deadly collapse of a mall in northern Ontario is now expected to begin its formal hearings in January as provincial police announced Wednesday their examination of the rubble had ended. Inquiry Commissioner Paul Belanger said the hearings into the June disaster in Elliot Lake couldn't begin sooner because of the "tremendous amount" of work that needs to be done beforehand.
THE CANADIAN PRESS

Ottawa

Feds late to report on ad spending

An annual report meant to update Canadians on how the government spends taxpayer dollars on advertising is now two years overdue, with no timeline in sight for when it might be published. The Public Works Department is supposed to prepare a report each year on how the government manages its advertising.
THE CANADIAN PRESS

'Mr. Jetz TV' arrested for alleged child porn videos

Winnipeg. Darrell Erwin Ackman gained notoriety for his alleged racy YouTube videos of women

SHANE GIBSON
Metro in Winnipeg

The Winnipeg man who dubbed himself Mr. Jetz TV and gained notoriety by allegedly posting videos of often scantily clad and seemingly intoxicated young women online has been arrested for allegedly making pornographic videos with girls as young as 14.

Darrell Erwin Ackman, 43, is facing three counts of living on the avails of prostitution, two counts of sexual assault, two counts of sexual interference, a charge of making, printing, and publishing child pornography, possessing child pornography and invitation to sexual touching.

Darrel Erwin Ackman, also known as Mr. Jetz TV, has been arrested. YOUTUBE.COM

"These children are certainly preyed upon and taken advantage of, and exploited," said Insp. Gord Perrier at a press conference Wednesday. "This activity is definitely illegal, and sex with children is wrong."

Police first charged Ackman with living off the avails of prostitution July 23 for allegedly pimping underage girls through an escort service. The additional charges, including making child porn and sexual assault were added Tuesday, following a raid at a Winnipeg home.

"We do have specific evidence that indicates that these videos were made for the purposes of being sold," said Perrier, who couldn't say whether they'd been posted online.

None of the charges have been proved in court.

Ackman also faces prostitution-related charges in Florida.

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Ride malfunction. Kids taken to hospital after amusement park scare

Four people went to hospital Tuesday after a popular ride at the Western Nova Scotia Exhibition malfunctioned in Yarmouth.

RCMP say that metal pieces connected to a seat on a ride called The Scrambler came loose.

Corp. Jen Clarke says pieces struck two children on another seat and the ride then stopped abruptly.

Police say two young children were transported by ambulance to the Yarmouth Hospital as a precaution.

A woman and a 10-year-old boy who were in the broken seat were taken by family members to the hospital later on.

All four of the people who went to hospital were treated for minor injuries and released.

"My daughter Paris was very emotional from hitting her chin. She was of course worried for her sister because she was bleeding from the head," father Larry Buchanan said about the experience.

"She says they will no longer go back to the exhibition."

Buchanan said the ride stopped very abruptly after the malfunction, throwing passengers against the bars.

"It (the ride) took a full stop. It was in full motion," he said.

The Elevators and Lifts division of the Nova Scotia Department of Labour will be investigating the incident.

THE CANADIAN PRESS

Frightened daughters

All four of the people who went to hospital were treated for minor injuries and released.

- **Concerned father.** However, Larry Buchanan says the incident was very frightening for his two daughters.
- **Daughters hurt.** He says his youngest daughter, four-and-a-half year old Sophie, was cut on the head and his eight-year-old daughter Paris was injured on the chin.

Because packing is such a pain?

Three houses, including a 1,800 square-foot heritage home, second left, built in 1915 and being moved to Union Bay on Vancouver Island, are towed out to the Strait of Georgia on a barge in Richmond, B.C., on Wednesday. The heritage home was saved when a family paid for the moving costs after a development company purchased it with plans to redevelop the lot. DARRYL DYCK/THE CANADIAN PRESS

Unexploded

WWII grenades found in river near Montenegro

Police say divers have found hundreds of grenades from World War II in a river outside the capital of Montenegro. Police chief Danilo Mijajlovic says a citizen spotted one grenade in the Zeta River, northwest of Podgorica, on Tuesday. He said Wednesday that a two-hour search by policemen found more than 400 grenades of different sizes, most of them unexploded. The area around the Zeta river is a popular recreation area in the summer.

THE ASSOCIATED PRESS

Animal rights

Shark attacks spur France to pay to have them killed

French fishermen will be on the hunt for a vulnerable shark species off the coast of the French Indian Ocean island of Reunion soon — and will pocket government cash for their kills after a dramatic rise in deadly attacks pushed Paris to take unprecedented measures.

Financial incentives will come into force as early as next week — and it's provoked an outcry from animal rights groups, who call it a legalized "extermination."

THE ASSOCIATED PRESS

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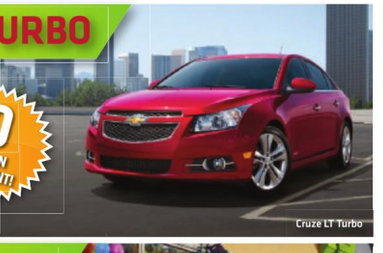

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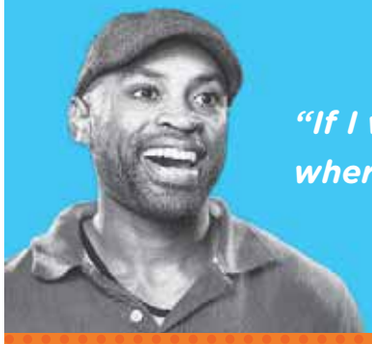

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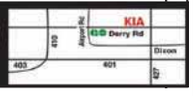

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Florida. Man charged after Batman movie scare

David Escamillo. THE ASSOCIATED PRESS

A South Florida man faces disorderly conduct charges after a disturbance at a theatre showing the Batman movie The Dark Knight Rises.

Miami Beach police say more than 100 moviegoers fled early Tuesday after David Escamillo yelled "This is it!" during the film. Witnesses say they saw Escamillo leave the theatre and return wearing a pair of black gloves.

Escamillo was detained by movie patrons until police arrived. Officers said he smelled strongly of alcohol and was yelling, "I didn't shoot anybody." Police found no weapon, and no shots were fired. THE ASSOCIATED PRESS

Safe and sound

People arrive at Kyiv's Boryspil airport from Syria late Wednesday. A Ukrainian military plane evacuated 199 people, including 177 Ukrainians, 15 Poles and seven Syrians due to the intensifying civil war in Syria.

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Premium seats

WestJet offering more leg room

WestJet passengers willing to pay more for extra leg room will be able to fly "premium economy" in four rows — but some non-premium customers might notice a little less space in the other seats.

Aiming its premium seats at business travellers with an eye on revenue growth, WestJet will increase the distance between the back of the seat and the one behind it to 36 inches in four rows of its planes across its fleet.

But that also means the rest of the seats will be reconfigured to 31 to 32 inches of leg room, a move WestJet says will bring it "in line with North American competitors." THE CANADIAN PRESS

Shareholders' say

Invesco backs Rona takeover bid

Invesco Canada, one of the largest shareholders of Rona Inc., confirmed on Wednesday that it's backing a $1.76-billion bid by U.S.-based Lowe's for Canada's largest home-improvement retailer.

Invesco has a 12 per cent stake in Quebec-based Rona and said it's disappointed with how the company's management team has run the company.

Rona has refused Lowe's unsolicited takeover of $14.50 per share, saying it's not in the interest of its shareholders. The deal would have given Lowe's a much bigger foothold in Canada.

THE CANADIAN PRESS

Cigarette challenge

Judge OKs tobacco suit against FDA

A U.S. judge has ruled that a challenge by cigarette makers Lorillard Inc. and R.J. Reynolds Tobacco Co., alleging conflicts of interest in the Food and Drug Administration advisory panel's review of tobacco products, can now move forward. THE ASSOCIATED PRESS

A U.S. judge says a lawsuit by two tobacco companies can go ahead. THE ASSOCIATED PRESS

CBC wins back rights to Olympics

Bid approved. Sochi, Rio Games will be back in the hands of the public broadcaster after it lost out to CTV in recent years

CBC executive Kirstine Stewart TORSTAR NEWS SERVICE

The Olympic Games will return to CBC in two years for the Winter Games in Sochi, Russia and again in 2016 for the Summer Games in Rio de Janeiro, the International Olympic Committee announced Wednesday.

The decision puts the massive sports spectacle back in the hands of the public broadcaster, which last aired the Summer Games in 2008 from Beijing. Before that, CBC had aired 19 different Olympics over almost 60 years in Canada.

CBC executive Kirstine Stewart said a long-established Olympic track record helped it nab the rights after two joint proposals with Bell Media were rejected by the IOC.

Those pitches were said to have fallen apart over money, but Stewart vowed CBC's solo bid would not further cut into the public broadcaster's hefty budget woes.

"We actually made sure that this was, based on our prior experience, a cost-neutral proposal," said Stewart, predicting broad coverage on CBC, SRC and multiple digital platforms.

The Sochi announcement comes a little over a month after CBC and Bell Media announced they would no longer pursue the Games together.

THE CANADIAN PRESS

The Fed points to a slowing U.S. economy

Trader Bobby Finnerty calls to a colleague on the floor of the New York Stock Exchange on Wednesday. Stating that the United States economy is slowing and that more action could be needed, the Federal Reserve decided to keep interest rates unchanged at near zero. In a statement released after a two-day meeting, the Fed acknowledged that economic activity had slowed over the first half of the year. It also said unemployment remains elevated and consumer spending is rising at a somewhat slower pace. RICHARD DREW/THE ASSOCIATED PRESS

Rising grain prices

Get ready to fork out more for food

Grocery shoppers may need to dig deeper into their pockets as drought conditions inflate food prices well into next year and maybe beyond, Maple Leaf Foods president and CEO Michael McCain warned Wednesday. "Rising grain markets, specifically corn, affect the entire food chain," McCain said. THE CANADIAN PRESS

Market Minute

DOLLAR 99.48¢ US (-0.23¢)

TSX 11,618.53 (-46.18)

OIL $88.91 US (+85¢)

GOLD $1,603.70 US (-$6.80)

Natural gas: $3.171 US (-3.8¢)
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Gen Y eyes early retirement but can't afford it

Post-recession era. Odds stacked against young adults in their ability to establish themselves financially, study finds

More than a third of young adults expect to retire before they're 60 but only one in 10 have actually considered how much money they'll need, according to a study released Wednesday by the BMO Retirement Institute.

The survey suggested people aged 18 to 34 are "overly optimistic" about what their financial state will be in their golden years. More than 35 per cent of Generation Y want to stop working early but more than a quarter aren't saving for it, said the study, conducted by Leger Marketing.

Young adults are also more likely to talk about retirement planning with family and friends "in passing," as opposed to consulting financial professionals.

Fewer young adults followed up those conversations with action when compared to older people.

"This may explain why so few young adults have thought about how much money they need in retirement," said the survey's executive summary.

The survey also noted that the financial realities of young adults now may impede their ability to save for retirement.

"Compared to the previous generation, there are potentially greater odds stacked against young adults' ability to establish themselves financially in today's post-economic recession era," the study said.

"Contributing factors may include significantly higher student debt, a longer job hunt, and lower real wages. This could potentially translate into years of lost lifetime income, which could place young adults at a significant risk of not saving enough for retirement."

TORSTAR NEWS SERVICE

Not enough

75

While 75 per cent of young adults are saving somehow, whether through personal savings or workplace pension plans, the amount may not be adequate for financial stability later on, the study said.

Buying surge

Incentives drive higher car sales

Canadian auto sales grew 4.7 per cent this July from a year earlier, fuelled by incentive programs and a strong surge at Japanese automakers whose production was crippled after last year's earthquake and tsunami. THE CANADIAN PRESS

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WHAT MAY SEEM FOREIGN TO YOU IS REALLY JUST NICKELBACK

HE SAYS...
John Mazerolle
metronews.ca/hesays

I never worry when I go on long trips, because I know my father will do the worrying for me.

As my upcoming camping trip to Scandinavia approaches, I can be assured of such nuggets of wisdom as "It will be cold/expensive/non-English there, you know."

These things aren't said with any xenophobia on Dad's part. It's more a presumption that I'm an idiot — which is fair.

My father, after all, spent a good portion of his life watching me putting shirts on inside out, placing metal-rimmed objects in the microwave and leaving ice cream out to melt, and that was just my 20s.

It doesn't help that the first time I ever went on a big solo trip — a cross-Canada train journey — I spent the final five minutes before departure reassuring Dad I'd be fine, then marched out of the station with conviction. Without a train ticket, but with conviction.

Here, then, are my travel tips to help put Dad's mind at ease while simultaneously enlightening my readers. Also to fill the space between the ads and pick up a paycheque. You're welcome.

- Don't get so caught up in overseas preparations that you forget to **tie up loose ends here**. I've been pre-spoiling food and killing my plants so that I don't have to worry when I'm gone.
- If your **passport** is blank, be sure to write in a few countries yourself so you don't seem lame.
- **Burglars** want inside your home while you're gone, so make sure the interior helps you come off well. Leave what appear to be the notes of an epic, unfinished manuscript on a table, or write a complicated-looking mathematical formula on the wall. If you're worried about **security**, a cardboard silhouette "pacing in the window" on a model train set has never failed anybody.
- If you have **children**, remember to leave them at home.
- Carry some **emergency cash** in a "neck wallet" under your clothes. This works because no criminal has ever seen one before and won't think to take the big pouch on your torso that appears to be filled with money.
- Take things slow and befriend the locals. You can't get to know a country by just whipping through it without stopping for breath. I prefer to understand how a place's previous decades and even centuries of history has impacted the current psyche of the people in a time of economic uncertainty, and that takes three days.
- Many people are intimidated by new places, but be confident and remember that millions of people already live in the country you're heading to, and they survive despite rampant idiocy, which is a worldwide condition. A good friend of mine visited me once when I was living in Vienna and — in his first exposure to centuries-old Austrian culture — saw a bar full of drunks belt out Nickelback tunes. If those people can survive, so can you.
- Finally, call your Dad. Better yet, call my Dad. It might help him relax.

If you're not a good traveller, at least look good while you're doing it. ISTOCK

Hang on, the mayor's stuck

Losing momentum

Politician left hanging on a wire

Boris Johnson, the mayor of London, dangled in midair above the crowds at an open-air viewing site at east London's Victoria Park on Wednesday.

A publicity stunt at a public viewing area for the Olympic Games went awry leaving Johnson stranded some five metres off the ground.

The mayor was left clutching his Union Jacks for roughy five minutes before rescuers came to help him down.

THE ASSOCIATED PRESS

Proud moment

"If any other politician anywhere in the world was stuck on a zip wire it would be a disaster. For Boris, it's an absolute triumph."

U.K. Prime Minister David Cameron

Flying high

No gold-medal finish for Boris

Staff at the park eventually pulled him to safety with a rope.

"Fortunately, the mayor survived his first zip wire experience," a statement from his office said.

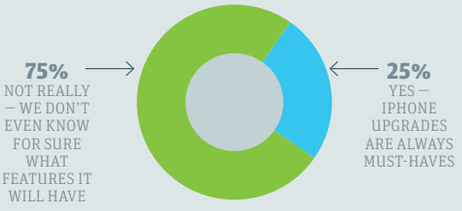
"Clearly the judges are likely to mark him down for artistic interpretation, and unlike Team G.B., he won't be bagging any gold medals today but he remains unbowed," it added. THE ASSOCIATED PRESS

LEE MEDCALF/THE ASSOCIATED PRESS

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Are you holding off on buying a new phone in anticipation of the iPhone 5?



Twitter

@ahickman2: Unenforced car pool lanes on DVP has to be the worst thing in #toronto history. Honor system just doesn't work here...

@otterchar: Brent Hayden having a blind moment after 100m free & then finally realizing he did amazing was true #Gold! #Canada #BRONZE it up

@gilliangigs: Congrats to the Men's Eight Rowers and Brent Hayden!! Silver and Bronze! The Gold is coming! #olympics

@LAVIDANAPPY: Caribana celebrates our ancestors who were no longer slaves #EmancipationProclamation .They were singing, drumming & dancing as we do today!

@diasmary_: Man I love my team. #GoCanadaGo

metro

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Hair Grow Technology's Bio-Fen® product line is continually moving forward! We are introducing our two latest versions; **Bio-Fen® Plus for Men** and **Bio-Fen® Plus for Women**. These products have been assigned Natural Product Numbers (NPN's) by Health Canada.

We recognize that both men and women experience androgenic alopecia (AGA, or male / female pattern baldness) and have made some improvements to the original formulation based on the latest science to address their specific needs. You will notice that we now have additional complementary (Health Canada Approved) health claims on each product.

How does Bio-Fen® PLUS work?

We are bringing you two new products with **double** the number of capsules and **triple** the number of health claims for men and **four times** the number of health claims for women.

As in the previous formulation, the fenugreek seed extract in both new formulas reduces excess blood lipid levels (hyperlipidemia). Fenugreek contains β-sitosterol, an active plant sterol, which has been shown to inhibit 5-alpha-reductase activity – the enzyme responsible for converting excess testosterone to *DHT* (which is the primary molecule that causes hair loss). The SDG (secoisolariciresinol diglucoside) from flax lignans in both formulas also decreases excess cholesterol - the building block of testosterone. Based on new research on the rate of metabolism of SDG in flax lignans (8-12 hours on average), the dosage in both products has been revised from once a day to twice a day for optimum results.

Twice the Strength! Twice the Power!

Bio-Fen® Plus for Men:

As before, the saw palmetto extract inhibits the enzyme 5-alpha reductase, and this action slows down the conversion of testosterone to dihydrotestosterone (or DHT) – the overabundance of which causes the miniaturization of hair follicles. This activity of the saw palmetto also helps to relieve the urinary symptoms of mild to moderate BPH for men.

The saw palmetto that originally was an extract standardized to 45% free fatty acids, esters, and sterols while the new formula is a 4:1 extract to support the BPH claim. The product still contains these molecules for hair loss, but they are now at proprietary amounts based on our research so that the competition cannot duplicate our formula.

Bio-Fen® Plus for Men will also help to:

- ***Relieve the urologic symptoms associated with mild to moderate benign prostatic hyperplasia - BPH (e.g. weak urine flow, incomplete voiding, frequent daytime and night time urination).***
- ***Reduce elevated blood lipid levels / hyperlipidemia.***

#1 SELLING IN CANADA

Bio-Fen® Plus for Women

The women's formula is almost the same as the men's formula. The mechanisms and results for the women formula is the same. The only difference is it contains silicon and iron instead of saw palmetto. Silicon has been shown to contribute to hair shaft strength and thus healthy hair growth. It also contains iron which helps prevent iron deficiency. A number of studies have related sub-clinical iron deficiency in women to diffuse hair loss/alopecia.

The increased amount of SDG and other revisions to the regulations allow us to make some additional health claims for *Bio-Fen® Plus for Women*.

Bio-Fen® Plus for Women will also help to:

- ***Reduce elevated blood lipid levels/hyperlipidemia***
- ***Prevent iron deficiency.***
- ***Metabolize carbohydrates, fats and proteins.***

How long must I use Bio-Fen® Plus?

Bio-Fen® Plus for Men capsules are usually effective at stopping hair loss within the first two months. However, since healthy hair grows only about 1 cm each month, it may take up to three months before you notice that hair growth is increased or the rate of hair loss is decreased. Anyone experiencing new growth should see it within four months. In some people the original pigmentation may come back. Once you stop completely your hair growth pattern will slowly go back to the point where you started. However, some people may be able to go with a lower maintenance dose.

What is the quality of Bio-Fen® Plus for Men?

Bio-Fen® Plus for Men is manufactured in Canada according to quality assurance specifications called Good Manufacturing Practices (GMP). This ensures that the ingredients are tested for their level of quality, potency & purity, prior to production and the finished product prior to sale.

Hair Grow Technology (Bio-Fen® Plus) is a progressive company - we continually seek out the latest research on bioactive ingredients, and on regulatory updates in the natural health products industry.

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www.biofen.com

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This weekend is alive with Caribbean culture, music

Three music festivals. Help mark 50 years of independence for Jamaica and Trinidad and Tobago with these big-name shows

BACKSTAGE PASS
Ian Gormely
scene@metronews.ca

This year's Caribbean Festival promises to be even bigger and flashier than last year's. CARLOS OSORIO/TORSTAR NEWS SERVICE

As if the celebrations commemorating 50 years of independence for both Jamaica and Trinidad and Tobago weren't enough, this weekend offers an embarrassment of riches when it comes to Caribbean culture, and much of it is free.

The event many people associate with Caribbean culture is the Scotiabank Caribbean Festival (a.k.a. Caribana).

The fest has been in full swing since the middle of July, but its most iconic event — the Grand Parade — makes its mark on the city Saturday, finding steelpan bands and masqueraders making the three-and-a-half-kilometre march along Lakeshore Boulevard.

But don't let the parade overshadow the weekend's other events, including Thursday's King and Queen competition, where designers show off their colourful costumes, and Friday's Pan Live steel-pan competition. Both are ticketed events.

Not to be outdone, Harbourfront plays host to Island Soul. Running Friday through Monday, the fest marries the cultures of Jamaica and Trinidad and Tobago, with folk performers, a world café and international market as well as a tribute to Calypso legend Lord Kitchener.

But Saturday's headlining performer is worth the price of admission alone (if there was one).

Duane Stephenson is both a solo star in his own right and also the current frontman of the Wailers (yes, those Wailers).

Finally, despite postponing its planned Urban Music Fest at Yonge and Dundas Square until November, there's still plenty to see and hear at this year's Irie Music Fest over at Nathan Phillips Square, Friday through Sunday.

Make sure to check out local acts Ammoye and Odel along with out-of-town headliners such as soca diva Fay-Ann Lyons, Jamaican reggae star Richie Spice and legendary reggae crew Third World, who found massive success with their cover of the O'Jays' Now that We Found Love in 1978.

Check him out

There are plenty of Caribbean musicians in town this weekend, but it's a safe bet that few will rival the legendary status of Derrick Crooks. The singer began his career in the early 60s with ska group the Pioneers before founding the Slickers and scoring a worldwide hit with Johnny Too Bad, which was featured in the iconic film The Harder they Come. Despite continuing to record until the end of the decade, the Slickers have been largely forgotten, even in Jamaica. Crooks will be in town this Sunday for Harbourfront's free Tribute to the Slickers concert, part of the Island Soul festivities.

King and Queen

The King and Queen show has traditionally kicked off the Toronto Caribbean Carnival weekend every year.

- On Thursday, the leaders of Caribana Mas bands will put on their showcase costumes and perform for the Parade judges at Lamport Stadium. Male and female competitors are judged on the details of their costumes.

2 SCENE

On the Web

The Who fans disappointed by '79 show cancellation trade in tickets for concert 33 years later

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Showtime at TCA press tour: Reinvention, with accolades

Television. With Weeds ending and the success of freshman series Homeland, the network is weathering a period of transition

Actress Claire Danes and actor Damian Lewis speak at the Homeland discussion panel during the Showtime portion of the 2012 Summer Television Critics Association tour in California this week.
FREDERICK M. BROWN/GETTY IMAGES

Showtime is having a "transformative" year, the network's president of entertainment, David Nevins, told reporters gathered at the Television Critics Association press tour in Beverly Hills, Calif.

As the channel prepares to say goodbye to Weeds — the edgy sitcom that put Showtime on the map for scripted programming — on Sept. 16, it has also borne the gripping political drama Homeland, which, in its first season, won two TCA awards (for Outstanding New Program and Individual Achievement in Drama, given to star Claire Danes), has been nominated for several Emmys, and touched off a national pop culture conversation.

Who is watching Showtime today? Well, even President Obama is a Homeland fan. Star Damian Lewis told critics he was invited to a state dinner when British Prime Minister David Cameron was visiting the White House, and, surprised that he was even on the president's radar, asked Obama when the leader of the free world managed to find any downtime to watch TV.

"He said, 'Saturday afternoons, Michelle and the two girls, they go play tennis,'" Lewis relayed. "'I go into the Oval Office. I pretend I'm going to work, and I switch on Homeland.'"

Showing a continued commitment to storytelling in all Showtime series, Nevins announced that comedy The Big C, starring Laura Linney as Cathy, a woman coming to terms with a cancer diagnosis, will conclude as a limited-run series of four one-hour episodes.

"From its inception, the show has been unique in its premise and its tone, and I'm excited that we've come up with a unique and form-breaking way to bring conclusion to Cathy's story," Nevins said.

"It's very important, I think, with a premium network … to plan (show endings) and do it the right way. I think we have a contract with our audience (to tell the whole story)."

Dexter is another Showtime series that had been given an end date to conclude the journey of its protagonist — this one, a serial killer anti-hero — as star Michael C. Hall has signed on through eight seasons.

But Nevins referred to Season 7, premiering Sept. 30, as a "game-changing year," hinting that it's possible the show has creatively reinvented itself in a way that could warrant more seasons.

"I think everything has gotten rewired this year in a very interesting way," Nevins said. "Given that (Dexter's sister) Deb has to deal with who her brother is, everything changes. What I've said before is likely two years (before ending), but … I think plans can always change."

AMBER RAY/ METRO WORLD NEWS

Documentaries

- The network will premiere a number of documentaries next year under the new banner Closeup.
- The first film, The World According to Dick Cheney, by R.J. Cutler, takes an unprecedented look at the former vice president.
- Director Antoine Fuqua examines the life and career of rap legend Suge Knight. Richard Pryor: Omit the Logic is directed by Emmy-winner Marina Zenovich. And Brett Ratner will direct a documentary on music mogul Tommy Mottola.

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Tyler Stewart, left, Kevin Hearn, Ed Robertson, Steven Page, and Jim Creeggan of The Barenaked Ladies in 2002.
AARON HARRIS/THE CANADIAN PRESS

‘The worst album cover in the history of music’

Music. Barenaked Ladies reminisce on debut album Gordon as it turns 20

The first clue that the Barenaked Ladies’ breakthrough debut Gordon is 20 years old has to be the album’s cover.

Well, it’s a bunch of clues, really. The ugly fonts. The sloppy graphics. The freshly scrubbed faces of the barely-out-of-high-school quintet. Perhaps most importantly, the haircuts — frontman Ed Robertson wearing a pineapple-like ’do, his black hair sprouting wildly atop his otherwise shaved head, while drummer Tyler Stewart has his own strands organized into dreadlocks.

To the band, the album feels like it came out yesterday. But it sure doesn’t look that way.

“Absolutely the worst album cover in the history of music,” Stewart sighed in a recent telephone interview. “It’s like some crappy font with photos of us wrapped around it. We’re all looking overly cute and earnest.

“It’s just ... terrible.”

Added former co-frontman Steven Page: “I think even from the first time we saw the album cover, we looked at it and cringed.”

Of course, the cover didn’t matter.

With the Toronto band’s five members still in their early 20s, Gordon hit stores back on July 28, 1992.

A month later, it occupied the top spot on the Canadian Billboard album chart, a position it would hold for eight consecutive weeks.

Fuelled by a series of pervasive singles including Brian Wilson, If I Had $1,000,000 and Be My Yoko Ono, the album has since reached that rarefied air of diamond certification in Canada.

If the quality of Gordon’s songwriting didn’t betray the band’s youth, the hijinks they got up to while crafting the album might have.

They recorded at Le Studio, a scenic space located just south of Morin Heights, Que., overlooking Lac Perry. Since the lake was frozen at the time, Jim Creeggan would cross-country ski across every day en route to recording.

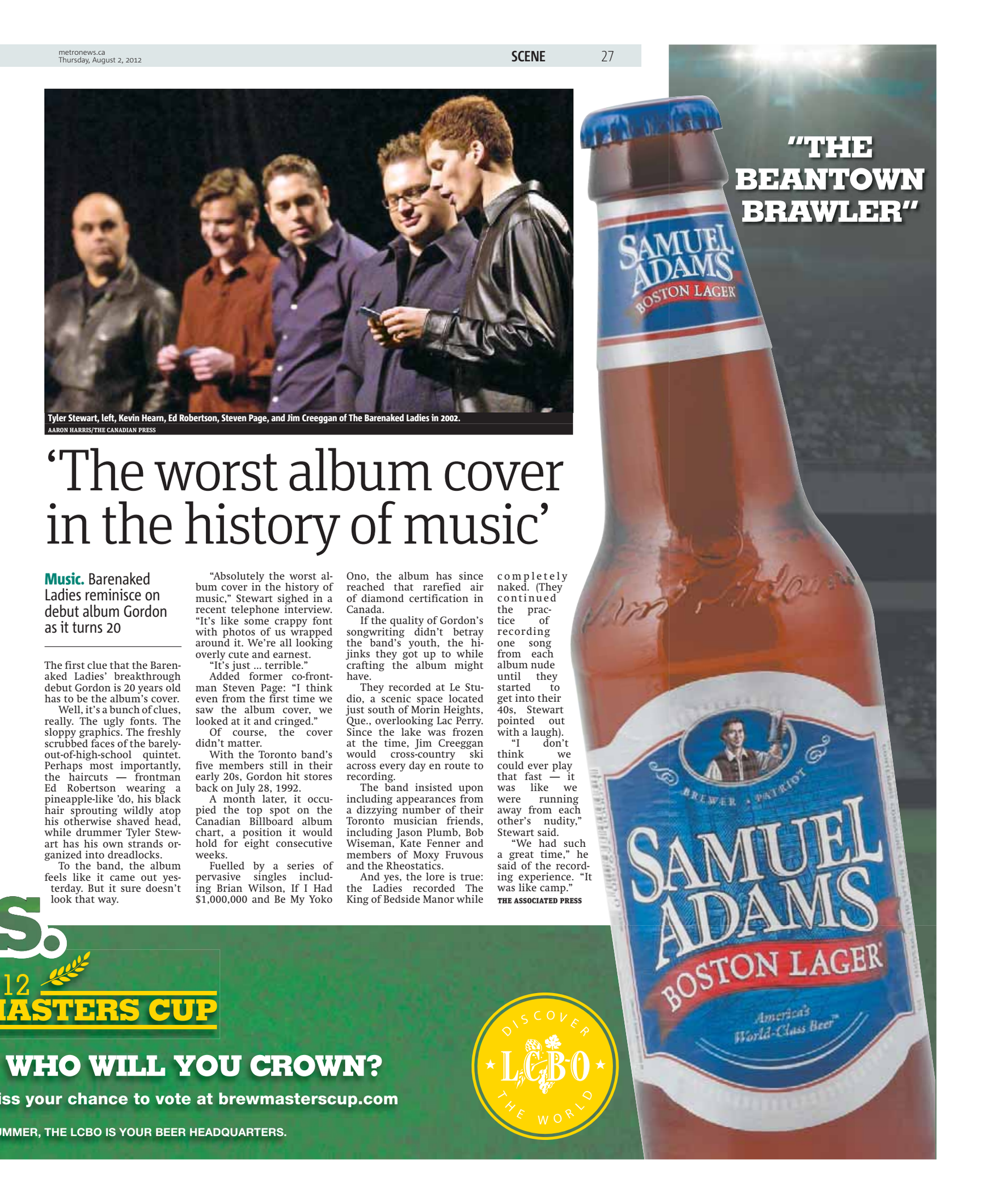
The band insisted upon including appearances from a dizzying number of their Toronto musician friends, including Jason Plumb, Bob Wiseman, Kate Fenner and members of Moxy Fruvous and the Rheostatics.

And yes, the lore is true: the Ladies recorded The King of Bedside Manor while completely naked. (They continued the practice of recording one song from each album nude until they started to get into their 40s, Stewart pointed out with a laugh).

“I don’t think we could ever play that fast — it was like we were running away from each other’s nudity,” Stewart said.

“We had such a great time,” he said of the recording experience. “It was like camp.”

THE ASSOCIATED PRESS



Colin Farrell stars in the remake of the sci-fi flick Total Recall. HANDOUT

It's not déjà vu, memory plots are all too common

Total Recall. Sci-fi remake reminds that amnesia as a starting point isn't all that original — or, if you will, memorable

IN FOCUS
Richard Crouse
scene@metronews.ca

This weekend a remake of the 1990 Arnold Schwarzenegger sci-fi favourite Total Recall hits screens with Colin Farrell replacing the Governator.

Unlike the original, Farrell is more mental than muscles, but like its predecessor it is a story about memories; some real, some implanted.

The movie asks the question: is anything real, or are we watching the memory Farrell ordered?

Memory is an intangible, mental process to attain, amass, remember and retrieve information.

Not exactly the most cinematic subject, but nonetheless filmmakers have used memory as the backbone for movies for decades.

Most memory movies use amnesia as a starting point.

The loss of memory propels the plot of the Hitchcock classic Spellbound.

Gregory Peck plays a man whose guilt at the death of his younger brother causes amnesia.

The movie broke box office records when it opened, but Hitchcock dismissed it as "just another manhunt wrapped up in pseudo-psychoanalysis."

Who could forget Matt Damon as one of the most popular (and violent) amnesiacs of recent years?

In the Bourne Identity he is Jason Bourne, a CIA operative who loses his memory while on a mission.

As he tries to regain his memory, he discovers he has a unique and deadly skill set. As he brings his past into focus, he doesn't like what he discovers.

"Everything I found out," he says, "I want to forget."

Eternal Sunshine of the Spotless Mind presented a different take on memory loss. In this strange and romantic Jim Carrey movie people pay to have painful memories erased from their minds.

Short-term memory loss has provided the backdrop for comedies like the world's only brain-damage-rom-com, 50 First Dates — Adam Sandler woos Drew Barrymore even though she forgets who he is every day — and complex thrillers like Memento.

Directed by Christopher Nolan, Memento stars Guy Pearce as a man with short-term memory loss, who uses notes and tattoos to hunt the person he's convinced killed his wife.

"Facts, not memories," he says, "that's how you investigate."

Finally, two romantic and sad movies explore Alzheimer's disease.

The Notebook pairs James Garner and Gena Rowland in a heartbreaking study of love and memory loss while Away From Her sees Julie Christie and Gordon Pinsent's long term marriage torn apart by the disease.

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The raunchy side of comedy

With the critically acclaimed and thoroughly inappropriate Danish comedy Klown opening in select North American markets, it's time to look at some other comedies that left people shocked and shaking their heads.

THE ASSOCIATED PRESS

Shot with the stripped-down esthetic that's a big part of the country's cinematic output, Klown feels like a Dogma 95 version of The Hangover, complete with pictures to remind these guys of what they've done.

The film is about a guy who's stunned to find out his girlfriend is pregnant, but to prove he's capable of being a father, he kinda-sorta kidnaps his tubby 12-year-old nephew and brings him along on a debauched weekend canoe trip with his party-boy best pal.

But the matter-of-fact way in which these flat-out wrong adventures are depicted gives the film its own distinctive, riotous tone.

And it gives us an opportunity to look back at other great movies that famously pushed the boundaries of taste.

Harold and Maude (1971)

He's young and in love with death. She's old and about to die. Why shouldn't they fall in love? It's icky on paper, certainly, but Hal Ashby's dark comedy has achieved cult-classic status over the years, and justifiably so. Bud Cort and Ruth Gordon are strangely adorable together as the mismatched couple.

Blazing Saddles (1974)

Bad taste is Mel Brooks' bread and butter. His Western spoof takes place in a small town that's about to be demolished by the development of the railroad. The crooks who run the place appoint the first black sheriff in hopes that the locals will revolt.

Bad Santa (2003)

Billy Bob Thornton plays it completely straight in Terry Zwigoff's dark comedy as Willie, a part-time department store Santa Claus and full-time alcoholic con man.

He's such a miserable, unlikable figure, it feels as if Thornton is playing him in a drama — and that's what makes the film so funny.

Team America: World Police (2004)

Two words: puppet sex; marionette mashing so hot, it nearly earned the movie an NC-17 rating.

South Park creators Trey Parker and Matt Stone spare nobody and nothing in their skewering of Hollywood and politics.

Bridesmaids (2011)

The sink-pooping scene alone would earn this movie a spot on any list of the raunchiest movies. But what many viewers admire so much about Bridesmaids is that it takes a specifically male-dominated genre — the gross-out comedy — and injects it with female insights and sensibilities without compromising on the laughs one bit.

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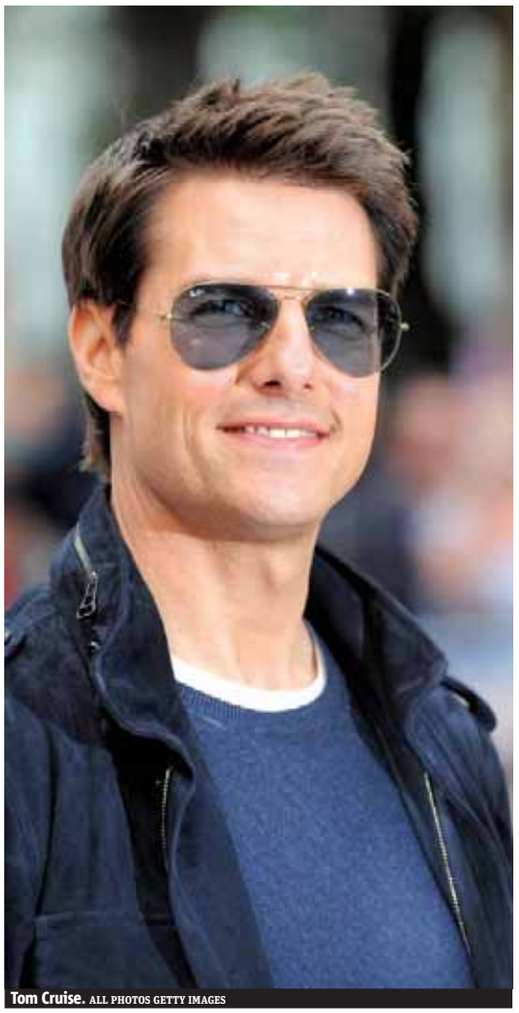

Tom Cruise. ALL PHOTOS GETTY IMAGES

Tom Cruise whisks Suri off to Disney World

Tom Cruise is pulling out all the stops for his time with daughter Suri in the wake of his divorce from Katie Holmes — and he's not above a trip to the Magic Kingdom.

Cruise headed to Walt Disney World with his daughter and other family members this week, with the six-year-old dressed up as a mermaid.

"Suri looked like she was in heaven," another park-goer tells People magazine. "It was really cute. She was walking around like she owned the place, having the time of her life, and Tom — who looked really handsome — was talking to her, was really engaging with her."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Pattinson staying at Witherspoon's ranch

THE WORD
Monica Weymouth
scene@metronews.ca

Loyal Word readers may have noticed that Robert Pattinson and Kristen Stewart have been absent from our pages for two full days. But all good things, of course, must come to an end.

After moving out of the Los Angeles mansion they were sharing, Pattinson has surfaced at friend and Water for Elephants co-star Reese Witherspoon's super sweet California ranch, reports Us Weekly. Pattinson remains "inconsolable" about Stewart's affair with Rupert Sanders and is more than a "total mess" than usual, sources tell the magazine.

As for Kristen, she's found support with Panic Room co-star Jodie Foster.

"As soon as she heard the news, Jodie contacted Kristen," a source tells RadarOnline. "Jodie told Kristen to take no notice of the media bashing and said if she wanted to cry her heart out to her she's always available."

Unless Jodie Foster's got a Malibu beach house up her sleeve, we're going to have to hand this round to Pattinson.

Jessica Biel and Justin Timberlake

Jessica Biel enjoying being engaged

Jessica Biel and Justin Timberlake probably aren't getting married soon, if Biel's level of preparation for the big day is any indication. The actress says she's prepared "almost nothing" for her wedding.

"I'm just being engaged. I do feel like there is a lot of time and nothing needs to be rushed," she says, according to the Chicago Sun-Times. "Everyone tells me that being engaged is the really special moment — not that it gets bad when you're married."

Twitter

@EllenBarkin
To all u out there threatening me,I have no problem reading your childish age related insults,but threats on my life...no.Blocked & reported

@RealRonHoward
Back in the editing room after a complete and encouraging screening for a few friends and family last night

@MarthaPlimpton
That's it. I'm going on a total twitter blackout until the end of the Olympics. The spoilers are infuriating.

@russellcrowe
The Olympics opened already, wow , missed it, first time in a long time...I've been in the Icelandic bush...well, moss...Kleifarvatn...

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2012's Olympic audience is seeing peak athletic performance paired with front-line fashion

How do you fashion-savvy readers feel about Canada's Olympic kits? MATT DUNHAM/THE ASSOCIATED PRESS

Who said sportswear can't be chic?

The athletes' parade during last week's opening ceremony might as well have been a catwalk show, with some of fashion's biggest names — Armani, Prada, Ralph Lauren, Stella McCartney — designing the team uniforms.

Many in the fashion industry are already calling this the most stylish Olympics ever.

The Italians must be some of the best-dressed athletes, scoring points with an understated monochrome kit in navy and white by Giorgio Armani, as well as waterproof blue designs for their sailing team by Prada.

Stella McCartney has worked with Adidas to design the sporting gear and Village wear (loungewear) for Britain's home team, though the outfits weren't on show Friday as athletes covered up in white and gold tracksuits. McCartney's gear takes inspiration from the iconic Union flag, but she said she deconstructed it to make it "more delicate and feminine."

Meanwhile, the American team may have gotten a barrage of bad press for its made in China Ralph Lauren uniforms, but the preppy designs were still some of the most stylish in the arena: clean-cut navy blazers, crisp white trousers, skirts, and shoes, accessorized with navy berets and blue, red and white striped scarves.

The Jamaican team is in the spotlight because of sprinter Usain Bolt, so it's fitting that it also got a boost in the fashion stakes this year.

Their kit, which feature the national colours as well as lightning-like prints, were designed by Cedella Marley, daughter of Bob Marley, for Puma.

Scouts honour: Ralph Lauren seemingly drew inspiration from those 'always prepared' club members of the past. MATT DUNHAM/THE ASSOCIATED PRESS

Other designers behind the Olympics this year include luxury label Hermes, which has designed riding jackets for the French equestrian team, and Salvatore Ferragamo, which designed the official uniform for the European republic of San Marino.

Some designers didn't get involved in the official Olympics gear, but used the games as an opportunity to cash in and promote their brands anyway.

Karl Lagerfeld, for example, launched an Olympic-themed womenswear collection called Team Karl at London department store Selfridge's — though he reportedly said he wouldn't tune in to watch the games. Meanwhile, high-street chain store H&M said it was launching two pop-up stores dedicated to selling sportswear in London.

THE ASSOCIATED PRESS

A low score for style?

Friday's athletes parade also showcased some surprising and less popular designs.

- The German team was notable for not using their national colours at all — instead, the kit was all hot pink for the women's jackets, and cornflower blue for the men; both were paired with white trousers.
- The Czechs, meanwhile, wore bright blue wellington rain boots paired with white shorts.
- Some Spanish athletes have posted tweets grumbling about their garish red and gold outfits, and there are even Spanish Facebook groups set up to campaign against the gear.

Pool cool

Beauty in a bathing suit

Natalie Coughlin has been in the pool as long as she can remember, building the muscles and learning the discipline that would lead her to 12 Olympic medals. Many of the same things that help in her training also help her beauty routine.

"Eating well and taking care of your body is the No. 1 most important thing for good hair, good skin and good nails," she says. "Your nutritional needs show up on your hair, skin and nails."

Dryness is what she's usually battling, but she has success with leave-in conditioner as a weapon, says Coughlin, who signed earlier this year as a spokeswoman for hair-care brand Pantene. She skips the chlorine-removal shampoos, though, because she finds they not only take out the chemicals but also moisture. When she does her own hair and makeup, she'll wear her naturally wavy hair down with "just a touch of help from the curling iron." She'll wear brown eyeliner and mascara – both "don'ts" on days she is swimming because they'll run. THE ASSOCIATED PRESS

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On the Web

Ukraine fashion show shines rare spotlight on the disabled.

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@Jeanne_Beker: What do YOU think of Canada's Olympic gear so far? Opening ceremonies looks + now podium fare? All from @thehudsonsbayco #CTVOlympics

@saskryan
They look good . . . only negative is that the @TheHudsonsBayCo logo is bigger than the @CDNOlympicTeam logo!

@cowgirlwarrior
they're looking sharp, athletic and Olympian :)

@AinslieCogswell
I gotta say the outfits at the opening couldn't have been more boring. There were some fabulously dressed countries, not us :(

@RamonaLeigh
It's great to know its all Canada made.

@Jeanne_Beker: Watching gymnast @KristinaVaculik on balance beam @CTVOlympics. So proud of our gorgeous Canadian gals! (Love the flowers in their updo's.)

@sydnee_xo
did you know the flower is for another team member who couldn't compete because of a recent knee injury? :)

@Jeanne_Beker
How beautiful!!

@sydnee_xo
they made the girl honorary team captain so she could come to london with them! :) + they did amazing, top 5!

@Jeanne_Beker: The @CTVOlympics podium look for our Canadian athletes, designed by @TheHudsonsBayCo

The Kit

Canadian street style

Spotted in: Ottawa

Jessica Bourgois

Hair Stylist

Age: 24

What she's wearing:
Nine West clutch, Ray Ban sunglasses, Aritzia dress, Aldo shoes

Her inspiration:
"I'm wearing my favourite colour of all time."

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METRO CUSTOM PUBLISHING

A 'WHEELY' GOOD TIME ON THE BIKE PATHS

Being an avid cyclist and living in the GTA has its challenges. The greatest being the time it takes to leave the city and find those wide-open back roads – free of stoplights and stressful vehicle traffic.

One easy solution is to go east to Cobourg, which is at the epicentre of a wide variety of routes, ideal for both enthusiasts and recreational riders.

There are many kilometres of mostly flat bicycle-friendly roads along Lake Ontario. One favourite is a trip west through Port Hope and along the scenic Lakeshore Road. Another is to follow The Apple Route east to Brighton, where the midpoint could be a swim off the exquisite beaches of Presqu'ile Provincial Park. For those wanting hills, there is no shortage of challenging terrain north to Rice Lake, where a lunch in Bewdley is an ideal day's outing.

You needn't take your car to access this ideal cycling country. A VIA train leaves Guildwood every Friday afternoon, which lets you relax during the 55-minute journey past rush hour traffic.

As far as accommodations, only blocks from the Cobourg station is the lovely Woodlawn Inn. It serves a hearty breakfast to fuel up for your ride. Another option is the King George Inn, which offers a spa to help soothe sore muscles.

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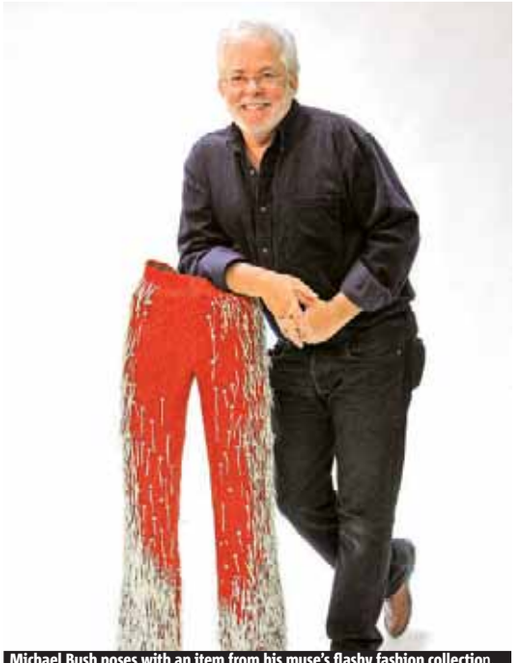
The king of shop: Jackson's dresser dishes in new book



Michael Bush poses with an item from his muse's flashy fashion collection.
JAE C. HONG / THE ASSOCIATED PRESS

Suiting up a star.
Pop icon's longtime costumer tells of his late client's style secrets

The zipper-covered Beat It jacket. The military-inspired coats with their epaulets, crests and insignias. And, of course, that glittery glove.

Michael Jackson's fashion sense was as singular as his musical style and dance moves. Millions imitated his pegged pants and penny loafers, a fedora cocked just so.

Jackson's longtime costumer reveals the secrets behind the King of Pop's meticulously crafted, regal rock-star look — and an intimate glimpse into the man himself – in a colorful new book, The King of Style: Dressing Michael Jackson.

"When you worked with him, you couldn't wait to get there and you didn't want to leave when you got done," said author/costume designer Michael Bush, who with his late partner, Dennis Tompkins, dressed Jackson for more than a generation. "It was hard to imagine anyone that projected fashion and style any better."

THE ASSOCIATED PRESS

Pranks and pop music

What most people don't know about Jackson?

- Bush said he was a joker — a playful prankster who loved to laugh and often teased those closest to him the most.

Fashion flash

Joe and J.C. join forces, get Fresh in the U.S.

Joe Fresh is continuing its push into the competitive U.S. retail market with a newly-inked deal with J.C. Penney.

The affordable apparel brand will partner with the U.S. retailer in opening nearly 700 dedicated Joe Fresh shops in newly renovated J.C. Penney stores across America next spring. The shops will range in size from about 90 to 230 square metres and are set to open next April.

THE CANADIAN PRESS

Royal robes get nod in Vanity Fair

British royalty has made its mark atop Vanity Fair's International Best Dressed List, with Kate Middleton and her brother-in-law, Prince Harry, both making this year's stylish slate.

The Duchess of Cambridge's decision to decline the services of a dresser and mix high-end couturiers like Alexander McQueen with her own browsing the racks of Topshop, earned her a spot on the 73-year-old list.

THE ASSOCIATED PRESS

Karolina Kurkova EVAN AGOSTINI / THE ASSOCIATED PRESS

New face on The Face

Model mentor.
Karolina Kurkova to appear on show alongside Campbell and Rocha

Karolina Kurkova wants to be the mentor on TV's The Face that she didn't have 13 years ago when she started modeling.

She will be the third coach on the new reality competition for up-and-coming models, working alongside Naomi Campbell and Coco Rocha, Oxygen Media announced Wednesday. Photographer Nigel Barker, a former judge on America's Next Top Model, will serve as host.

Filming on The Face starts in September. The show will air early next year.

The trio of supermodels will scout their own teams and lead them through the sometimes glamorous — sometimes not — world of castings, runway shows, editorial and commercial photo shoots. The last model standing, in high heels, no doubt, will become the spokesmodel for a national brand.

Kurkova will be "a shoulder to cry on," she says, but she can also dole out tough love when needed. She's gotten even better at that since her son, Tobin, was born almost three years ago.

"I am someone who is nice but I know to achieve something you have to be tough and honest, but you don't have to be mean," the Czech-born Kurkova says.

A caring coach

"I am someone who is nice but I know to achieve something you have to be tough and honest."
Karolina Kurkova

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A rocky road paved with cappuccino leads to a drool-worthy cheesecake

A great combination for a cheesecake is coffee, chocolate chips, marshmallows and toasted almonds. This cheesecake is not only delicious but beautiful to present to your family and guests, especially if you drizzle it with more chocolate.

1. Preheat the oven to 350 F. Lightly coat a 9-inch springform pan with cooking spray.

2. In a small bowl, combine the crumbs, water and oil. Pat onto the bottom and partially up the sides of the pan.

3. Dissolve the coffee in the hot water. In the bowl of a food processor, add the ricotta and cream cheese, egg, sour cream, sugar, flour and dissolved coffee. Purée until smooth. Pour into the pan and bake for 35 minutes. Remove from the oven.

4. Sprinkle the marshmallows, chocolate chips and almonds over the cake and bake for another 5 minutes. Allow to cool, and chill before serving.

ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Ingredients

Crust
- 1 2/3 cups chocolate wafer crumbs
- 2 tbsp water
- 1 tbsp vegetable oil

Filling
- 1 1/2 tbsp instant coffee or espresso powder
- 1 1/2 tbsp hot water
- 2 cups light ricotta
- 1/2 cup light cream cheese, cubed
- 1 large egg
- 3/4 cup low-fat sour cream
- 1 cup granulated sugar
- 3 tbsp all-purpose flour

Topping
- 1/3 cup miniature marshmallows
- 3 tbsp semisweet chocolate chips
- 3 tbsp slivered toasted almonds

Cappuccino Rocky Road Cheesecake

This recipe serves 12. RYAN SZULC, FROM ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)

Book of the week

A cake for every reason & season

Make, Bake & Celebrate! by Annie Rigg will inspire you to create something special, no matter how new you are to cake decorating.

Most of the cake recipes in the book are adapted from one of The Basics in the first chapter where you'll also find frostings and decorating techniques.

Chapters such as For Birthdays offer cakes for the grown sweet tooths (Gilded Double Chocolate Cake with Chocolate Roses) while For Kids has options specifically for the little ones (Chocolate Polka Dot Tower). Other recipes include Lilac and Lavender Petits Fours, Macron Wedding Cake, and more. METRO

If gentlemen prefer blonds, will bakers prefer blondies?

White Chocolate Coffee Cashew Blondies

This recipe serves 9. MATTHEW MEAD/ THE ASSOCIATED PRESS

According to Hollywood, gentlemen prefer blonds. With this white chocolate-studded blondie treat and its duo of tastes, blondies are also easy to love. Their rich coffee and crunchy cashew texture also help.

All the elements are brought together in a sweet, rich bar that, thanks to a generous helping of brown sugar, stays moist and chewy with just a hint of crunch on the outside.

Want to take it even further? Sprinkle the top with flaked sea salt just before popping it in the oven.

And if you don't like cashews, peanuts, almonds or walnuts would be good, too. Or maybe you want to add a bit of each.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking pan with cooking spray.

2. In a medium bowl, combine the water, instant coffee and vanilla. Stir until the coffee granules dissolve.

3. Add the butter, brown sugar and salt. Use an electric mixer or whisk to beat until light and fluffy. Add the eggs, one at a time, beating between additions and scraping down the sides of the bowl. Stir in the flour, then the white chocolate bits and cashews.

4. Spread the mixture evenly into the prepared pan. Bake for 35 to 40 minutes, or until a toothpick inserted at the centre comes out clean. Cool, then cut into 9 squares. THE ASSOCIATED PRESS

Ingredients

- 1 tbsp water
- 1 tbsp instant coffee
- 1 tsp vanilla extract
- 1/2 cup (1 stick) unsalted butter, room temperature
- 1 1/2 cups packed light brown sugar
- 1 tsp salt
- 2 eggs
- 1 3/4 cups all-purpose flour
- 1 cup white chocolate bits
- 1 cup unsalted roasted cashews

Chocolate Fondant. An unexpected velvety finish to a special dinner

This exquisite dessert provides a velvety chocolate finish to a special meal. The sweet and spicy blend of honey mustard and chocolate makes for a simple yet sophisticated treat.

1. In a medium saucepan, bring cream to a boil. In a heatproof mixing bowl, pour cream over white chocolate. Mix well. Add honey mustard. Mix thoroughly. Pour mixture into an ice cube tray and freeze for 40 minutes.

2. Preheat oven to 250 C (475 F).

3. Meanwhile, in the top of a double boiler, melt butter and dark chocolate. Add eggs, flour and sugar to melted mixture and mix well.

4. Pour half of the dark chocolate mixture into small cupcake moulds. Place a frozen ball of ivory chocolate in the middle of each mould. Cover with remaining dark chocolate mixture. Bake for 8 to 10 minutes.

THE CANADIAN PRESS/MAILLE

Ingredients

- 60 ml (4 tbsp) 15 per cent cream
- 100 g (3 1/2 oz) white chocolate
- 30 ml (2 tbsp) honey mustard
- 60 g (2 oz) butter
- 200 g (7 oz) dark chocolate
- 3 eggs
- 125 ml (1/2 cup) flour
- 150 ml (2/3 cup) sugar

The Wines of Vinho Verde

The Vinho Verde region has produced wine for over 2,000 years, making it one of the oldest wine regions in Portugal. As the northernmost wine producing region in Portugal, Vinho Verde is located on the west coast of the Iberian Peninsula. With its proximity to the Atlantic, this region resembles Vancouver or Seattle in appearance with its lush, green landscape and temperate climate.

The wines of Vinho Verde have long been known for their vibrant fruit, low alcohol and refreshing qualities —a combination that makes them one of the most versatile partners with food. Vinho Verde is an ideal wine pairing for salads, seafood and Asian cuisine and can be served as an apéritif. Today, consumers throughout the world are discovering Vinho Verde as one of the best wine values on the market.

Vinho Verde wines are well known for their youthful fruit from carefully selected regional varietals including Alvarinho, Avesso, Azal, Arinto, Loureiro and Trajadura.

Some of the wines offer a delightful hint of spritz. Other styles are fermented dry. Stylistically, the whites display tart apple/pear and citrus flavours and range from 8.5 to 11% in alcohol content. Vinho Verde rosés offer aromas of tart red fruits and citrus with hints of green herbs. Red wines offer juicy red fruits with notes of fresh green herbs and also range from 8.5 to 11% in alcohol content.

Every bottle carries the distinct Seal of Guarantee ensuring the quality and authenticity of Vinho Verde wines.

Throughout August, Wines of Vinho Verde Canada will partner with restaurants in Ontario to highlight local cuisine and Vinho Verde wines. Every time a Vinho Verde wine is ordered at participating restaurants, guests will have a chance to win a mini refrigerated wine cellar unit filled with Vinho Verde wines. Go to www.winesofvinhoverdecanada.com for more information and a listing of participating restaurants.

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Library District condos overdue

Library District condos on Fort York Boulevard. SUBMITTED

Meet the condo

- **What.** Library District
- **Builder.** Context
- **Location.** 170 Fort York Blvd.
- **Website.** context.ca
- **Sizes.** From 585 to 742 sq. ft.
- **Pricing.** From $294,900 to $376,900

The project overview

Context's latest condominium residence near the waterfront will be built atop a new park along with Toronto's 100th public library, hence the name. Residents will have access to the Author's Club, a three-level pavilion with views overlooking the park.

Location and transit

TTC light rail and buses right outside your door, get you into the downtown core within minutes. Conveniently located right next to the Gardiner Expressway and the Lake Shore Boulevard. Close to bike trails.

In the neighborhood

Lots to do, as you're close to the waterfront: Harbourfront, Little Norway park, Toronto Music Garden, Historic Fort York. Sports fans enjoy a short walk to Rogers Centre. Nearby shopping and restos at Bathurst and King streets.

Building amenities

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Rooftop surfing

High-rise markets overseas: Hong Kong

BRYAN TUCKEY
President and CEO of the Building Industry and Land Development Association (BILD) can be found at twitter.com/bildgta), (facebook.com/bildgta), and bildblogs.ca.

As city builders, we must constantly learn about the successes and failures of others in order to make educated decisions. That is part of the reason the GTA has thrived when it comes to land development and new home construction, particularly in the high-rise market.

There are 213 high-rise projects currently under construction in the GTA consisting of 56,294 new homes, making our condo market the most active in North America. Given the success of the high-rise market in the last few years, that number has yet to reach its peak.

But what about some of the world's other high-rise capitals? Take Hong Kong, for example. The city currently has 112 buildings that stand taller than 180 metres. The tallest building in Hong Kong is the 118-storey International Commerce Centre, which was completed in 2010 and stands at 484 metres.

Only 23 of Toronto's towers eclipse the 150 metre mark. That number will soon change, of course, as more high-rise building edge completion — the tallest being Aura in College Park which weighs in at 272 metres.

The two tallest residential buildings in Hong Kong are both part of the Cullinan project in Union Square. At 270 metres in height, the Cullinan North and South Towers fall just shy of Aura's 78 stories.

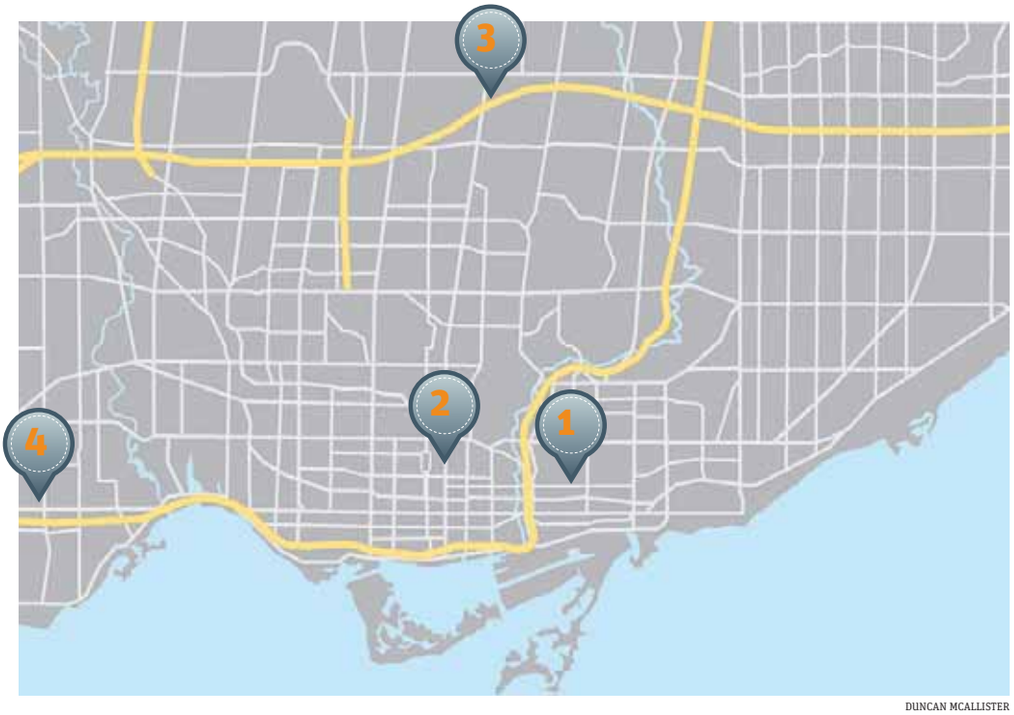
Now let's look beyond the bricks and into the numbers behind Hong Kong's market.

Home prices in the city are currently the highest in the world. In fact, since 2009, the cost of buying residential real estate in Hong Kong has increased by 80 per cent.

In an effort to moderate sales, the government has introduced deterrents such as extra transaction taxes and higher mortgage down-payment requirements. Despite all these actions, people are still eager to invest in the residential market. A recent announcement of an increase in government land sales has resulted in developers selling shopping malls, offices and parking garages as a way of raising additional funds to building more residential properties.

Reading about all this really helps me appreciate how fortunate I am to live and work in the GTA — where the local builders' association maintains a healthy working relationship with government officials and works together to create vibrant, affordable communities.

What's hot on the condo market



DUNCAN MCALLISTER

1. The Carlaw

Street style pop-up

Streetcar "Street Style" pop-up shop at The Carlaw condos. Incentives, $10K worth of furniture. Head on over to 345 Carlaw Ave., at Dundas, August 4 - 5 from 12 - 5 p.m. Visit thecarlaw.com.

2. The Britt Residences

For a good cause

Charity sale at The Britt Residences. Proceeds donated to Mount Sinai Hospital. Head down to the Sutton Place Hotel, 955 Bay St., August 8 from 12 p.m. to 8 p.m.

3. East Willowdale townhome

North York townhome

Townhome open house, East Willowdale, one bed, one bath at 3 Everson Dr., August 4-5, 1 p.m. to 4 p.m. Call 905-731-2000.

4. Mississauga condo

King Street

Mississauga condo open house: two beds, two baths. Check it out at 75 King St. E., August 4-5, 1 p.m. to 5 p.m. Call 416-443-0300.

The beauty of a few curves

Modern looks.
Smooth-lined furniture on its way

DESIGN CENTRE
Karl Lohnes
home@metronews.ca

For far too long we have seen the trend of square-edged furnishings highlighted in the best looking homes and hotels. I have always been a believer that whenever a decor scheme has square corners there must be a few rounded ones to create a healthy design juxtaposition.

As we slowly see a return to traditional lines in furnishings we also see "the curve" coming into modern looks. Here's a selection of "curves-with-personality" pieces that can help break up the linear action in most of today's rooms; and in my favourite colour combination of persimmon and grey.

Round out the room

A rounded banquette helps to snuggly fit a round table and mid century modern shapely chairs in a family eating nook.

Ryder Rocking Chair, $740, West Elm

Danish-inspired design with simple lines and natural materials turns the idea of a rocking chair into something of cool comfort.

Haviland Chest, $350, Pier 1

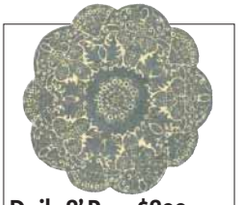
Painted stripes play off the Bombe curves of a stylish cabinet. A fun, personality-filled accent.

Hartwell Sofa, $1,999, Ethan Allen

An arched back and flared arms help to modernize the classic camel-back sofa.

Isala Side Table, $199, Ikea

Legs reminiscent of Victorian stair spindles serves up oversized whimsy on a side table.



Doily 8' Rug, $800, Anthropologie

Circularly shaped with petal details and scrolled cut-outs give us beautiful curves for the floor.

Corsett Leather Ottoman, $249, Urban Barn

Cinch it in for some sexy curves.

Incorporating curves into a modern space

- Use the 70/30 rule to balance the look in a room: 70 per cent square modern lines, 30 per cent curvy lines.
- Keep the colours solid and the patterns plain on curvy furnishings. Curvy lines and curvy patterns together are a thing of the past.
- Round-topped tables are good choices because they are easy to get around in a small space; no corners to bump into at night.

New lofts and mid-rises meet Corktown's old-world charm

Eastern downtown.
Historical treasures give community a rich traditional feel

DUNCAN MCALLISTER
life@metronews.ca

Some say that Corktown got its name from its community of Irish immigrants from County Cork. Others say the nickname came from the local distilleries and a cork-stopper manufacturer in the area. In any case, Corktown is one of the oldest parts of Toronto, with its 19th Century row houses nestled along tiny streets and laneways.

The Kingsbrae Diner
DUNCAN MCALLISTER

For years, this neglected little slice of Toronto's eastern downtown was a mixed-use, industrial and residential area. Now it is being brought back to life with a rapid transformation into a desirable urban landscape. The area is home to such historical treasures as the Little Trinity church and Enoch Turner schoolhouse that give it a rich, traditional feel. Little gems like the often-filmed Kingsbrae Diner on King Street, provide an ambience of old-world charm.

The pie-shaped area just east of Parliament, "Where King meets Queen," Corktown is bordered by The Distillery District and the rapidly developing West Don Lands. The neighbourhood is currently a hive of development activity, with numerous new low-rise condo projects that blend in well with the fabric of the neighbourhood.

Toronto's eastern downtown is being brought back to life as a desirable urban landscape. DUNCAN MCALLISTER

Streetcar developments has been active in developing the area along King Street with a series of contemporary low-rises and lofts. They've just released 10 units at 510 King Street East, with interiors by Seven Haus Design and architecture by Quadrangle Architects. The Corktown District Lofthouses will appeal to urbanites seeking the loft lifestyle, but with all the amenities of a new development. And with only six storeys, Streetcar's recently completed 569 King Street East has 46 roomy, 824-sqare foot units.

569 King Street
DUNCAN MCALLISTER

Toward the western edge of Corktown, the King East, a new project by Lamb Development Corp., is currently under construction at King and Parliament across from the original site of the famous Derby Tavern. This unique, cubist-styled mid-rise will have 215 units and is slated for completion this summer. And at the eastern end of Corktown at the Don River, Urban Capital's prominent River City complex is well underway on the border with the West Don Lands.

River City complex DUNCAN MCALLISTER

Another interesting feature is the recently-opened underpass park on lower River Street, with its radical playground equipment and mirrored ceilings. A clever example of how city planners are making creative use of these unsightly and underutilized spaces beneath Toronto's elevated roadways.

Underpass park on lower River Street.
DUNCAN MCALLISTER

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Natural elements just part of the fun for playground designers

Natural Playgrounds.
U.S. company incorporates equipment into existing landscape

A Pebble Harp makes beautiful, tinkling, harp-like sounds when children drop pebbles down the slots in the top, and pebbles drop out the bottom, ready to be reused to make more music. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY

A Tree Deck Natural Playground built on a hill is shown at a child-care facility in McMurray, P.A. Tree Deck playgrounds help children touch tree canopies, get closer to birds, and experience heights. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY

Natural Playgrounds offers labyrinths because 'walking the labyrinth' is great for children and adults. Do-it-yourself templates of various sizes are available in the Natural Playgrounds online store. THE ASSOCIATED PRESS/NATURAL

An embankment slide is built into a constructed hill at an elementary school in Glens Falls, N.Y. The embankment slide is safer than tower slides with ladders. Scattered boulders, random dirt steps, rough terrain, and varied plantings add to rich textures and varied experiences. THE ASSOCIATED PRESS/NATURAL PLAYGROUNDS COMPANY

Architect and playground builder Ron King is part of a robust movement to bring back more natural play, with environments that serve up some messiness and risk-taking along with exercise.

Kids may play on equipment for a short time, he says, "but then they want to run around. They want to climb a hill, scramble over rocks, listen to the wind and play in the rain. They want to explore and discover rather than have their play experience defined by a piece of equipment."

So when his company, the Concord, N.H.-based Natural Playgrounds, builds a playground for a school or community, he tries to incorporate any equipment into the existing landscape, using or adding boulders, wooden beams, hammocks, water pumps or sand. Polycarbonate slides are built into embankments so the slides can be higher but the falls aren't as dangerous. They're also treated so that static electricity doesn't interfere with cochlear implants, and they're heat-resistant.

He might put in a water pump that needs to be primed, and sand that can be sculpted. Cedar, steel and copper can be turned into drums, musical fences, and tubular contraptions that make interesting sounds when gravel, water, sticks or hands come in contact with them. There are places to play quiet games, and also room to run with the gang.

Having the opportunity to do both is optimal, says Susan Solomon, author of American Playgrounds and the upcoming The Science of Play (both from University Press of New England). The trend toward more natural playgrounds, she says, is due partly to the high cost of the prefabricated, themed structures (jungle, pirate ship, tiny town) found in so many playgrounds today. It's also the result of growing interest in nature and local products, and of parental nostalgia for what is remembered as a more unfettered childhood.

Playgrounds in recent years — including some natural playgrounds — have gotten a little tame, Solomon says. Safety and liability concerns have driven out many tall or fast pieces of equipment.

And with them some of the fun. "They don't allow kids to take chances," Solomon says.

"Risk involves uncertain outcomes — going fast, reaching great heights or even hiding, in order to overcome primal fears and create exhilaration."

Restoring some of that excitement safely is one goal of designers of natural playgrounds.

The Woodland Discovery Playground at Shelby Farms Park in Memphis, Tenn., is a 3.5-acre amalgam of nature, naturalistic elements, and steel and plastic structures. It was developed by the New York-based design firm James Corner Field Operations after a series of workshops with local kids.

"What was so remarkable was that most children actually preferred woodland exploration to playing on the existing playground that occupied the site," says the firm's senior designer, Sarah Weidner Astheimer.

The resulting playground consists of six play "nests"; features include climbing walls, a bright red suspended net, a variety of swings, tree forts, vines and a place for quiet play.

A mix of natural and man-made challenges is also the recipe recommended by Paige Johnson, who writes a blog called Playground Designs. A few natural rocks and tree stumps aren't enough, she says.

"Some advocates even reject swings or slides, but the experience of dynamic motion, where a child feels a temporary loss of body control, is part of great play," she says. "It makes even grown-ups laugh."

A natural playground needs a few key elements, according to Johnson: a hill, boulders and stumps to climb on; rocks and gravel to dig in; paths and perhaps a little bridge to traverse; and a gate or door that kids can turn into a portal of their own. Finally, there should be a pile of loose parts: Wood blocks, bricks or boxes of donated junk that can be turned into an imaginative, free-wheeling experience.

THE ASSOCIATED PRESS

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Old glass plates

No clearing up 'cloudy' effect

I have cut glass plates from my grandmother — she got them at Birks in the last century. The glass is cloudy — is there anything I can do to make them clear and sparkly again? Thanks, CE

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Dear CE,
Unfortunately nothing can be done. I have researched and spoken with several experts who all say the same thing. What has happened is that the glass plates overtime take on an "acid etched" quality. This is due to a general wearing down of the top layer of the glass. It's less likely to occur with lead crystal. If it was a small object sometimes they can be re-polished, however not practical in this instance. Hopefully you will keep them and enjoy the memory of your grandmother every time you use them despite the "cloudy" effect.
Bon Appétit!

Watering your garden plants wisely can yield epic results

Even in wet seasons. Most plants could use more water than they get just from rain, including the really heavy downpours

Effective watering of your garden, especially vegetables, is vital to its overall health and production. STOCK PHOTO

If it happens to be raining hard when you read this, my words might make you want to pelt me with over-ripe tomatoes — if you had them yet. Still, I'll say it: Timely watering can eke the best plant growth from any plot of ground in any season.

Even in wet seasons, watering usually helps, because the water that falls then isn't all available to plants. Roots need air to function, and a "cats and dogs" rain temporarily drives all the air out of the ground. Roots start to breathe and function again only after gravity has pulled excess water deeper into the ground. A timely watering will spur plant growth in those drier periods between rains.

Watering triage

This doesn't mean you need to set up elaborate irrigation systems. Such a degree of control would take too much of what is natural out of gardening.

Too much perfection in watering can even cause trouble, such as when it spurs invasion of aggressive grasses into a garden.

The part of the garden that cries out most for timely watering almost everywhere is the vegetable garden. Most vegetables are annual plants, so have their thirst quenched by just a season's growth of roots. What's more, we want our vegetables tender and juicy, qualities that come from cells plumped full of water.

Not all vegetables are demanding of water. Lettuce and radishes do reach perfection only in consistently moist soil, but tomatoes actually taste best if kept slightly dry.

Making the most

Whether you're growing vegetables, flowers or trees, how you care for the soil can have as much impact on satisfying your plants' thirst as can watering itself.

Applying plenty of organic materials, such as compost, leaves and straw, makes any soil better able to sponge up extra moisture.

Another way to preserve moisture is to avoid digging or tilling — these activities disrupt capillary water connections in the soil and "burn up" those water-retaining organic materials.

If you're going to stand there with hose in hand, supplying that much water is going to take you longer than you think. No matter how you water, dig down into the soil occasionally and check for moisture yourself.

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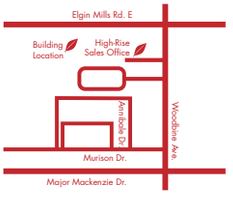

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Monarch

The egg debate

Happy chickens, happy planet

What are the most sustainable eggs to buy?
-Natalia of Regina

QUEEN OF GREEN
Lindsay Coulter
green@metronews.ca

More than 90 per cent of Canada's egg-laying hens are confined in battery cages. ISTOCK IMAGES

You'll want to choose eggs from happy chickens!

Eating a planet-friendly diet includes consuming less meat, eggs and dairy products. But if you buy eggs, consume those that are humanely raised.

These days, egg cartons make claims like "cage-free," "free-run" and "free-range." And these choices matter. Tragically, more than 90 per cent of Canada's egg-laying hens are confined in "battery cages" — small wire cubes housing five to seven birds each, beaks cut (to control damage from pecking their cage mates), stacked row upon row upon row in large, windowless barns.

It's time to put the chickens before the eggs. Here's a quick guide to navigating egg-carton labels, from better to best choice (and don't be fooled by misleading claims like omega rich or fed vegetarian feed).

Cage-free eggs: Hens aren't confined to battery cages, but that's about it. They don't have access to the outdoors, and there are no assurances about what they are fed or what kinds of medications they are given. You might see this claim on all three types of non-battery cage production eggs — free-run, free-range and organic. Certification: none.

Free-run eggs: Chickens can move around in open-concept barns, but they don't necessarily have access to the great outdoors and overcrowding may still be an issue. Certification: none.

Free-range eggs: Hens see the light of day (depending on the weather) and their feet actually come in contact with the earth. Certification: none

Organic eggs are your best choice. These hens benefit from the highest welfare standards. And certified-organic labels often require the use of organic feed without growth hormones or antibiotics.

Certification can include third-party labels like Canada Organic, Quality Assurance International, USDA Organic and B.C. Certified Organic. You may also see certification by provincial welfare agencies. For example, the BC SPCA Certified label assures eggs come from farms that have passed their animal welfare standards.

Good roommates do more than just pay rent on time

Guidelines. Take advice from Rent.com to save yourself and your cohabitants any headaches later on

Before you and your roomie get into one of those silent treatment standoffs because he or she never replaces the toilet paper roll, we suggest you learn how to live in harmony now. According to Rent.com's recent roommate survey, about half of the respondents (45 per cent) admitted to having issues with a current or past roommate. Their biggest pet peeves: a messy mate (20 per cent), followed by someone who doesn't pay bills on time (10 per cent) and someone who uses things without asking (nine per cent). If you're guilty of one or more of these, it's time to make your roommate a batch of brownies — and clean the bathroom already.

Here is Rent.com's advice to cohabitation bliss:

Keep it real
Before you sign a lease, it's important for your roommate to understand your schedule. If you are an "early to bed, early to rise" kind of person, a roommate who works on mixing his DJ tracks at night may not be your best bet.

Divvy the bills
Decide on when and how bills and rent will be paid for before making the roommate bond permanent. For instance, if one person is in charge of utilities, make the other in charge of submitting the rent check.

Clean up
As indicated by the survey, keeping clean is a must. It's important to divide cleaning responsibilities so the burden is shared. Be sure to discuss expectations for cleaning before you sign on the dotted line.

Talk it out
Working to communicate your needs and expectations to one another is crucial for a happy roommate relationship. If your roommate is a student and wants to use the kitchen table to study, don't watch TV loudly in the same room during study hours. Likewise, if you're hosting a small Bachelorette season finale party, give your roommate fair warning to make other plans. METRO

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SPORTS 4

Adam Scott reacts to a missed par putt on the 18th green during the final round of the Open Championship on July 22 at Royal Lytham & St. Annes Golf Club in England. After his tough loss at the British Open, Scott is still convinced there will be a major championship trophy with his name on it. HARRY HOW/GETTY IMAGES

Scott ready for his next shot at a major

Golf. Australian blew four-shot lead at British Open last month, but believes he will get a major trophy

There's no silver claret jug for Adam Scott, only a silver lining.

For two days after the British Open, where Scott lost a four-shot lead with four holes to play, he holed up at his home in the Swiss Alps and tried to digest what went wrong. The numbness he felt that Sunday evening, when Ernie Els was introduced as the champion golfer of the year, stayed with him. He didn't beat himself up. He didn't curl up in a corner. It was a time of quiet reflection.

It's when he went to the golf course at Crans-Sur-Sierre to hit balls that his outlook brightened considerably.

"I hit the first few balls, and I hit them nice," Scott said Wednesday. "And that was kind of a reminder that it's not horrible and I don't know how to play golf anymore. It was just four holes that I'll have to learn from and be tougher on myself next time I'm in that position."

That's what Scott took away from Royal Lytham & St. Annes. He is convinced there will be a next time. He's convinced there will be a major championship trophy in his name.

Scott still hasn't seen replays of that final hour. The soft bogey on the 15th. The three-putt bogey on the 16th. Belting a pure tee shot on the 17th, only to hit 6-iron to the left of the green to set up another bogey. And a 3-wood into the bunker on the 18th, which led to one final bogey to finish one shot behind.

"Look, I can imagine how it probably looked," Scott said. "If it was me watching somebody else, I certainly could feel for them. But for me ... I'm disappointed that I didn't win from that position, but I left that major the same as I've left every other one – and that's empty-handed."

Different from the others was remembering the first 68 holes that put him in that position.

Scott had never seriously contended in a major until last year at the Masters, where he made clutch putts over the closing holes and played well enough to win until Charl Schwartzel made history at Augusta National by closing with four straight birdies to win by two.

And now the Open.

His next chance is a week away.

Scott headed to Kiawah Island earlier this week to see The Ocean Course, where the PGA Championship is being held for the first time.

First up is the Bridgestone Invitational, where a year ago Scott claimed his first World Golf Championship.

THE ASSOCIATED PRESS

MLB

New York Yankees end 4-game skid

Robinson Cano hit a grand slam in a seven-run third inning, and New York sent Zach Britton to another shellacking at Yankee Stadium in a 12-3 rout of the Baltimore Orioles on Wednesday that stopped a four-game losing streak.

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NFL

N.Y. Giants' coach Coughlin defends banned safety

New York Giants coach Tom Coughlin feels the NFL didn't use common sense in suspending safety Tyler Sash for a violation of the league's performance enhancing drug policy.

The league announced the suspension Tuesday, saying Sash would be ineligible for the first four games of the season.

Sash said he took a prescription drug (Adderall) while under a doctor's care for an anxiety condition in March, having no idea it was banned by NFL policy. The league denied his appeal.

THE ASSOCIATED PRESS

Tyler Sash GETTY IMAGES FILE

Mobile sports

The gymnast whose career record for most Olympic medals was broken by Michael Phelps says she doesn't mind that the American swimmer has surpassed her. Larisa Latynina, who won 18 medals from 1956 to 1964 while competing for the Soviet Union, was in London on Tuesday to watch Phelps, and she says she was happy for him. Scan the code for the story.

NHL. Flyers reward Laviolette with 2-year deal

Peter Laviolette led the Flyers within two wins of a Stanley Cup championship. Philadelphia is willing to give their coach a few more years to finish the job.

Laviolette and the Flyers agreed Wednesday to a two-year contract extension that will take him through the 2014-15 season.

Philadelphia has the third-most wins in the Eastern Conference (122), behind only Pittsburgh and Washington (127 each) since Laviolette was hired to take over for John Stevens in December 2009.

THE ASSOCIATED PRESS

Peter Laviolette GETTY IMAGES FILE

Baseball

Minor-league pitcher banned 50 games for drug violation

Free-agent pitcher Starlyn Suriel has been suspended 50 games for violating baseball's minor league drug program.

The commissioner's office announced Wednesday that Suriel tested positive for metabolites of Stanozolol.

The right-hander's suspension will take effect as soon as he signs with another major league organization.

THE ASSOCIATED PRESS

Boxing. Mayweather Jr. due for release from jail

Floyd Mayweather Jr. is due for release from a Las Vegas jail by the weekend after serving two months in a domestic battery case.

Records show the 35-year-old undefeated champion is due for release Friday from the Clark County Detention Center.

Las Vegas police Officer Jose Hernandez said Wednesday that Mayweather Jr. was granted time off his 90-day sentence for work and good behaviour.

Mayweather Jr. surrendered for jail on May 1 after pleading guilty in December to misdemeanour charges in a September 2010 scuffle with his girlfriend, Josie Harris, while two of their children watched.

Mayweather Jr. promoter Leonard Ellerbe did not respond this week to messages.

THE ASSOCIATED PRESS

Plea deal

With the plea deal, Mayweather Jr. avoided a trial on felony charges that could have landed the boxer in prison for a maximum of 34 years.

Hayden fights off nerves to claim his first medal

Swimming. Elder swimmer from Mission, B.C., wins bronze in his third Olympic Games

The most senior member on Canada's swim team conquered rookie nerves to capture his first Olympic medal.

Brent Hayden won bronze in the 100-metre freestyle Wednesday for Canada's first swim medal of the 2012 Summer Games.

After touching the wall in 47.80 seconds, Hayden turned, rose out of the water almost to his waist to see the scoreboard and then slapped his right hand into the water with joy.

"There are so many times when you can dream of something, but a million out of a million and one times it won't come true," Hayden said. "This was one of the things that I was very fortunate as a human being to have happen to me."

American Nathan Adrian out-touched James Magnussen for gold in 47.52, followed by the Australian in 47.53.

Hayden grappled with emotion and a complaining back in the hours prior to his race. The three-time Olympian required three spinal adjustments from his medical team to address his discomfort.

The Mission, B.C., swimmer is a world champion and world silver medallist in the distance, but was about to swim in his first Olympic final in three tries.

"I just couldn't help feeling like 'The best day of my life feels like the worst day of my life right now,'" he explained. "I woke at 6 a.m. and my heart pounding because I was thinking about the race.

"It took me a while to turn that off and fall back asleep. All throughout the day I kept having these moments where I'd kind of start to think about the race and my heart would start thumping and I thought 'I've got to stay calm, I've got to stay calm.'"

At 28, Hayden was more than three years older than Cesar Cielo, the next eldest in the final.

The two veterans went out quickly with Hayden second to the Brazilian at the 50-metre split. But Adrian and Magnussen went eyeball to eyeball in the fourth and fifth lanes and closed hard. Hayden kept contact in the seventh lane.

"I kind of had the urge to kiss the starting block because I just never knew I could love Lane 7 so much," he said. "Tonight was (about) digging down deep into my soul."

THE CANADIAN PRESS

A first for Canada

- Hayden is the first Canadian man to win an Olympic medal in the 100-metre freestyle.
- The man who last swam in a final, International Olympic Committee member Dick Pound, hung the bronze around Hayden's neck. Pound was sixth in the 1960 Olympics.

Quoted

"It was all about finding my inner strength and feeding off my fiancée's vibes from the stands."

Brent Hayden will marry Nadina Zarifeh in Lebanon a week after the closing ceremonies in London

Brent Hayden celebrates his bronze-medal win Wednesday in the 100-metre freestyle at the Aquatic Centre in London. STEVE RUSSELL/TORSTAR NEWS SERVICE

Canadian badminton duo reach medal round

Canada's Alex Bruce and Michele Li, rear, play Australia on their way to winning their quarter-final match in women's doubles badminton Wednesday. The pair lost all three of their round-robin matches, but were re-entered in the tournament after eight players were expelled for trying to lose matches on purpose. ANDRES LEIGHTON/THE ASSOCIATED PRESS

Record reaction. London Games chairman 'not sure' Phelps the greatest

With 19 medals, Michael Phelps is the most decorated Olympian of all time. But the greatest?

Not for Sebastian Coe.

Coe, the two-time gold medallist in the 1,500 metres and head of the London Games, is not ready to anoint Phelps as the supreme Olympian.

"You can probably say that clearly, self-evidently, in medal tally he's the most successful," Coe said Wednesday. "My personal view is I am not sure he is the greatest, but he is certainly the most successful. That goes without saying."

The American swam the anchor leg of the winning U.S. 4x200-metre freestyle relay Tuesday night to surpass Soviet gymnast Larisa Latynina for most career Olympic medals. Latynina won 18 medals at the 1956, 1960 and 1964 Olympics.

Phelps, who won a record eight gold medals at the 2008 Beijing Games, is competing in three other events in London and can take the record further.

So who, Coe was asked, would he pick over Phelps?

He started with a crack: 'Well, modesty prevents me from.... No. That's a joke.

"This is the global pub game," said Coe, who won his gold medals at the 1980 and 1984 Games. "Who is the greatest Olympian of all time? I could go around this whole room, we'd all come up with different interpretations on."

THE ASSOCIATED PRESS

Day 5 results

MEDAL STANDINGS

73 of 302 total medal events

Nation	G	S	B	Tot
China	17	9	4	30
United States	11	8	9	28
South Korea	6	2	4	12
France	5	3	4	12
North Korea	4	0	1	5
Germany	3	8	2	13
Italy	3	4	2	9
Kazakhstan	3	0	0	3
Japan	2	4	11	17
Russia	2	4	5	11
Also				
Canada	**0**	**1**	**5**	**6**

BASKETBALL

WOMEN

FIRST ROUND

Group A

Team	W	L	Pts
China	3	0	6
United States	3	0	6
Turkey	2	1	4
Czech Republic	1	2	2
Croatia	0	3	0
Angola	0	3	0

Group B

Country	W	L	Pts
France	3	0	6
Russia	3	0	6
Australia	2	1	4
Canada	**1**	**2**	**2**
Britain	0	2	0
Brazil	0	2	0

Wednesday, Aug. 1
France 64, Canada 60
China 76, Angola 52
Australia 67, Brazil 61
Russia 67, Britain 61
Czech Republic 89, Croatia 70
United States 89, Turkey 58

WHAT CANADA DID

Wednesday at the 2012 London Olympics

ROWING

Men's eights — Canada (Gabriel Bergen, 100 Mile House, B.C.; Douglas Csima, Oakville, Ont.; Rob Gibson, Kingston, Ont.; Conlin McCabe, Brockville, Ont.; Malcolm Howard, Victoria; Andrew Byrnes, Toronto; Jeremiah Brown, Cobourg, Ont.; Will Crothers, Kingston, Ont.; Brian Price, Belleville, Ont.), won the silver medal in 5:49.98.
Men's lightweight double sculls — Douglas Vandor, Dewittville, Que., and Morgan Jarvis, Clearwater Bay, Ont., finished first in their semifinal heat in 7:02.85 and qualified.
Men's pairs — David Calder, Victoria, and Scott Frandsen, Kelowna, B.C., finished first in their semifinal heat in 6:56.47 and qualified.

SWIMMING

Men's 100 freestyle — Brent Hayden, Mission, B.C., won the bronze medal in 47.80.
Men's 200 backstroke — Tobias Oriwol, Toronto, finished fourth in his qualifying heat in 1:58.06. He finished seventh in his semifinal heat in 1:58.74 and did not advance to the final.
Men's 200 individual medley — Andrew Ford, Guelph, Ont., finished first in his qualifying heat in 2:00.28. He finished seventh in his semifinal heat in 2:01.58 and did not advance to the final.
Women's 100 freestyle — Julia Wilkinson, Stratford, Ont., finished third in her qualifying heat in 54.16. She finished seventh in her semifinal heat in 54.25 and did not advance to the final.
Women's 200 breaststroke — Tera Van Beilen, Oakville, Ont., finished seventh in her qualifying heat in 2:27.70 and did not advance. Martha McCabe, Toronto, finished third in her qualifying heat in 2:26.39. She finished fourth in her semifinal heat in 2:24.09. McCabe, finished seventh in her final heat in 2:24.09 and advanced to the final.
Women's 4x200 freestyle relay — Canada (Barbara Jardin, Notre-Dame-de-Grace, Que.; Samantha Cheverton, Lachine, Que.; Amanda Reason, Toronto; Brittany MacLean, Toronto), finished second in its final heat in 7:50.84. Canada finished fourth in the final in 7:50.65.

BASKETBALL

Women — Canada lost to France 64-60.

JUDO

Men's 90Kg — Alexandre Emond, Montreal, lost to Winston Gordon, of Britain, in Ippon, O-guruma, in 1:43 in the round of 32.
Women's 70Kg — Kelita Zupancic, Whitby, Ont., lost to Lucie Decosse, of France, in Ippon, Ko-soto-gari, in 4:31 in the round of 16.

SAILING

Men's windsurfer — Zac Plavsic, Vancouver, is in seventh place after the fourth race (36).
Men's laser — David Wright, Toronto, is in 18th place after the sixth race (80).
Men's 49er — Hunter Lowden, West Vancouver, B.C. and Gordon Cook, Toronto, are in 14th place after the sixth race (50).
Women's laser radial — Danielle Dube, Glen Haven, N.S., is in 29th place after the sixth race (126).
Women's windsurfer — Nikola Girke, West Vancouver, B.C., is in ninth place after the fourth place (36).

ARCHERY

Women's individual 70m — Marie-Pier Beaudet, Levis, Que., lost to Louise Laursen, of Denmark, 7-3 in the round of 32.

CYCLING

Men's time trial — Ryder Hesjedal, Victoria, finished 28th in the final in 56:06.18.
Women's time trial — Clara Hughes, Glen Sutton, Que., finished fifth in the final in 38:28.96. Denise Ramsden, Yellowknife, finished 19th in the final in 41:44.81.

WEIGHTLIFTING

Women's 69Kg — Marie-Eve Beauchemin-Nadeau, Quebec City, finished eighth in the final with a weight of 239 kilograms.

FENCING

Women individual sabre — Sandra Sassine, Montreal, lost to Aleksandra Socha, of Poland, 15-7 in the round of 32.

DIVING

Men's synchronized 3m springboard — Alexandre Despatie, Laval, Que. and Reuben Ross, Regina, finished sixth in the final with a score of 421.83.

SOCCER

MEN

FIRST ROUND

GROUP A

	GP	W	D	L	GF	GA	Pts
Britain	3	2	1	0	5	2	7
Senegal	3	1	2	0	4	2	5
Uruguay	3	1	0	2	2	4	3
U.A.E.	3	0	1	2	3	6	1

Wednesday, Aug. 1
Britain 1, Uruguay 0
United Arab Emirates 1, Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
Mexico	3	2	1	0	3	0	7
South Korea	3	1	2	0	2	1	5
Gabon	3	0	2	1	1	3	2
Switzerland	3	0	1	2	2	4	1

Wednesday, Aug. 1
Mexico 1, Switzerland 0
Gabon 0, South Korea 0

GROUP C

	GP	W	D	L	GF	GA	Pts
Brazil	3	3	0	0	9	3	9
Egypt	3	1	1	1	6	5	4
Belarus	3	1	0	2	3	6	3
New Zealand	3	0	1	2	1	5	1

Wednesday, Aug. 1
Brazil 3, New Zealand 0
Egypt 3, Belarus 1

GROUP D

	GP	W	D	L	GF	GA	Pts
Japan	3	2	1	0	2	0	7
Honduras	3	1	2	0	3	2	5
Morocco	3	0	2	1	2	3	2
Spain	3	0	1	2	0	2	1

Wednesday, Aug. 1
Morocco 0, Spain 0
Honduras 0, Japan 0

Cycling. Wiggins sets new standard for British Olympians with gold in time trial

There was no better place for Bradley Wiggins to sit than on a throne.

The 32-year-old Londoner completed his coronation as one of Britain's top sports figures on Wednesday by winning gold in the men's time trial at the London Games, just 10 days after becoming the first British rider to win the Tour de France.

It was Wiggins' fourth Olympic gold — after three previous ones in track cycling — and gave him a British record seven overall. He had shared the mark of six medals with Steve Redgrave — although the rowing great won five golds.

After pedalling his way through a sea of flag-waving and sideburn-wearing fans toward the former royal residence of Hampton Court and a gold that never seemed in doubt, Wiggins was ushered from the finish line toward a very fitting seat — one of three gilded thrones where the top finishers waited to see if they had won a medal.

Bradley Wiggins in London on Wednesday. THE ASSOCIATED PRESS

Wiggins didn't have to sit there for more than a few seconds, as the only remaining threat — Fabian Cancellara — was well out of reach of his time.

Wiggins quickly jumped back on his bike and rode down the course again to share his victory with his raucous supporters.

"I wanted to go and see my wife and all the people that had come to stand there on the roadside," Wiggins said. "We all know about the Olympic ticketing ... The great thing about cycling is it's free to come and watch. All the real fans are out there, if you're not lucky enough to come in and get a ticket. It was nice to go back out and roll up and down."

Victoria native and Giro d'Italia winner Ryder Hesjedal was Canada's lone competitor in the event. He finished 28th.

THE ASSOCIATED PRESS

Thursday's 3 to watch

1 Women's judo

Amy Cotton of Montreal takes to the judo mat in the 78-kilogram class. The 32-year-old finished ninth at the 2004 Games in Athens.
Time: 10 a.m.
Channel: CTV

2 Men's swimming

American stars Ryan Lochte and Michael Phelps, pictured, look to add to their already impressive medal hauls in the 200-metre individual medley final.
Time: 2:30 p.m.
Channel: CTV

3 Women's beach volleyball

Canadian beach volleyball duo Annie Martin and Marie-Andree Lessard, pictured, look for their first win after a pair of losses. They take on Italians Greta Cicolari and Marta Menegatti.
Time: 7 a.m.
Channel: TSN

Rowing themselves to redemption

Men's eight. After last-place showing in heat over weekend, Canadians come back to earn silver in London

Credit the Canadian men's eight with a horrendous start and courageous finish to the Olympic regatta.

After finishing last in their opening heat last Saturday, the Canadians did a lot of soul-searching, absorbed a tongue-lashing from veteran coach Mike Spracklen and then got their act together again.

The roller-coaster ride led to a silver medal Wednesday at Eton Dorney, a tribute to hard work, good character and terrific coaching.

The Canadians won rowing's marquee event at the 2008 Games in Beijing but only had three returning members of that crew — Toronto's Andrew Byrnes, Victoria's Malcolm Howard and coxswain Brian Price of Belleville, Ont. — in the London boat.

Canada's men's eight rowing team members, from right, Jerry Brown, Andrew Byrnes, Conlin McCabe, Will Crothers, Rob Gibson, Brian Price, Malcolm Howard, Gabe Bergen, and Doug Csima celebrate their silver medal at Eton Dorney on Wednesday. SEAN KILPATRICK/THE CANADIAN PRESS

The other members of the Canadian eight are Will Crothers and Rob Gibson of Kingston, Ont., Jerry Brown of Cobourg, Ont., Conlin McCabe of Brockville, Ont., Doug Csima of Oakville, Ont., and Gabe Bergen of 100 Mile House, B.C.

Since Beijing, the German eight has ruled the waves going unbeaten in almost four years.

Germany was unstoppable again, winning in five minutes 48.75 seconds ahead of Canada in 5:49.98 and Britain at 5:51.18.

Quoted

"At 750 (metres), I said, 'Guys, put on your hard hats. It's time to go to work.' And they went to work. It was all about just work, work, work. Every stroke."

Canadian coxswain Brian Price

"We knew we'd have to have an amazing race to get on the medal podium," said McCabe. "Like to get the bronze, even."

Once on shore Wednesday, the Canadians celebrated as if they had won. It wasn't quite worst to first, but it was close.

Canada started sluggishly at the regatta, finishing last in its heat behind Germany, Britain and the Netherlands.

Spracklen said he ended a no-holds-barred meeting on Sunday by making an unusual request.

"I can't remember it word-for-word, but what I said was, 'I have one last request and I've never asked anyone before — win the race for me,'" said Spracklen.

The Canadians changed tactics as a result.

Instead of going after the Germans in the final on Wednesday, the Canadians focused on their start and then looked to work off other crews. They disposed of Australia, then the Dutch, then Britain.

"Right from our start, just I knew this was going to be good," said Brown. "(We) just had to keep pushing. The boat's on a rail — just keep adding to it. We've got so many horses in that boat."

THE CANADIAN PRESS

MLB

AMERICAN LEAGUE

EAST DIVISION

	W	L	Pct	GB
New York	61	43	.587	—
Baltimore	55	50	.524	6½
Tampa Bay	55	50	.524	6½
Boston	53	51	.510	8
Toronto	**51**	**52**	**.495**	**9½**

CENTRAL DIVISION

	W	L	Pct	GB
Chicago	57	47	.548	—
Detroit	54	50	.519	3
Cleveland	50	53	.485	6½
Minnesota	44	60	.423	13
Kansas City	42	60	.412	14

WEST DIVISION

	W	L	Pct	GB
Texas	59	43	.578	—
Los Angeles	57	47	.548	3
Oakland	56	48	.538	4
Seattle	49	57	.462	12

Wednesday's results
N.Y. Yankees 12 Baltimore 3
Chicago White Sox 3 Minnesota 2
Tampa Bay 4 Oakland 1
Detroit at Boston
L.A. Angels at Texas
Cleveland at Kansas City
Toronto at Seattle
Tuesday's results
Seattle 7 **Toronto 2**
Baltimore 11 N.Y. Yankees 5
Tampa Bay 8 Oakland 0
L.A. Angels 6 Texas 2
Chicago White Sox 4 Minnesota 3
Boston 4 Detroit 1 (6 inn.)
Kansas City 8 Cleveland 3
Thursday's games
All times Eastern
Minnesota (Deduno 2-0) at Boston (Lester 5-8), 7:10 p.m.
L.A. Angels (C.Wilson 9-7) at Texas (Dempster 0-0), 8:05 p.m.
Cleveland (Kluber 0-0) at Kansas City (B.Chen 7-9), 8:10 p.m.
Toronto (H.Alvarez 7-7) at Oakland (B.Colon 7-8), 10:05 p.m.
Friday's games
Cleveland at Detroit, 7:05 p.m.
Seattle at N.Y. Yankees, 7:05 p.m.
Baltimore at Tampa Bay, 7:10 p.m.
Minnesota at Boston, 7:10 p.m.
L.A. Angels at Chicago White Sox, 8:10 p.m.
Texas at Kansas City, 8:10 p.m.
Toronto at Oakland, 10:05 p.m.

AL LEADERS

	G	AB	R	H	Avg.
Trout, LAA	81	329	80	116	.353
Konerko, ChiW	95	352	47	115	.327
Mauer, Minn	95	353	59	114	.323
MiCabrera, Det	104	410	67	132	.322
AJackson, Det	82	320	63	102	.319
Ortiz, Bos	89	320	65	101	.316
Rios, ChiW	101	387	63	121	.313
Jeter, NYY	101	430	59	134	.312
Beltre, Tex	98	383	57	119	.311
Cano, NYY	103	404	66	125	.309

Runs — Trout, LA, 80; Granderson, NY, 71; Kinsler, Tex, 70; AdJones, Bal, 69; MiCabrera, Det, 67; Cano, NY, 66; Choo, Cle, 66; De Aza, Chi, 66; **Encarnacion, Toronto, 66.**
RBI — MiCabrera, Det, 85; Hamilton, Texas, 84; Willingham, Min, 79; ADunn, Chi, 73; **Encarnacion, Tor, 72;** Fielder, Det, 72; Teixeira, NY, 71.
Home Runs— ADunn, Chi, 31; Hamilton, Tex, 29; **Encarnacion, Toronto, 28;** Granderson, NY, 28; **Bautista, Toronto, 27;** Willingham, Min, 27.
Wednesday's games not included

NATIONAL LEAGUE

EAST DIVISION

	W	L	Pct	GB
Washington	61	41	.598	—
Atlanta	59	44	.573	2½
New York	50	54	.481	12
Miami	47	56	.456	14½
Philadelphia	46	57	.447	15½

CENTRAL DIVISION

	W	L	Pct	GB
Cincinnati	62	41	.602	—
Pittsburgh	60	44	.577	2½
St. Louis	55	48	.534	7
Milwaukee	48	56	.462	14½
Chicago	43	60	.417	19
Houston	35	71	.330	28½

WEST DIVISION

	W	L	Pct	GB
San Francisco	56	47	.544	—
Los Angeles	56	50	.528	1½
Arizona	54	51	.514	3
San Diego	44	61	.419	13
Colorado	37	64	.366	18

Wednesday's results
Arizona 4 L.A. Dodgers 0
Milwaukee 13 Houston 4
Pittsburgh 8 Chicago Cubs 4
Philadelphia at Washington
Miami at Atlanta
San Diego at Cincinnati
St. Louis at Colorado
N.Y. Mets at San Francisco
Tuesday's results
San Francisco 4 N.Y. Mets 1
Arizona 8 L.A. Dodgers 2
Philadelphia 8 Washington 0
Cincinnati 7 San Diego 6
St. Louis 11 Colorado 6
Atlanta 7 Miami 1
Pittsburgh 5 Chicago Cubs 0
Milwaukee 10 Houston 1
Thursday's games
All times Eastern
San Diego (Ohlendorf 3-1) at Cincinnati (Cueto 13-5), 12:35 p.m.
N.Y. Mets (C.Young 2-5) at San Francisco (Zito 8-7), 3:45 p.m.
Philadelphia (Hamels 11-5) at Washington (Detwiler 5-4), 7:05 p.m.
Miami (Eovaldi 2-6) at Atlanta (Minor 6-7), 7:10 p.m.
St. Louis (Lynn 13-4) at Colorado (White 2-6), 8:40 p.m.
Friday's games
Miami at Washington, 4:05 p.m., 1st game
Arizona at Philadelphia, 7:05 p.m.
Pittsburgh at Cincinnati, 7:10 p.m.
Houston at Atlanta, 7:35 p.m.
Miami at Washington, 7:35 p.m., 2nd game
Milwaukee at St. Louis, 8:15 p.m.
San Francisco at Colorado, 8:40 p.m.
N.Y. Mets at San Diego, 10:05 p.m.
Chicago Cubs at L.A. Dodgers, 10:10 p.m.

NL LEADERS

	G	AB	R	H	Avg.
McCutchen, Pgh	99	372	69	138	.371
MeCabrera, SF	99	404	68	142	.351
Votto, Cin	86	298	52	102	.342
Ruiz, Pha	94	309	47	105	.340
DWright, NYM	100	371	65	122	.329
CGonzalez, Col	93	376	70	123	.327
Holliday, StL	100	381	67	122	.320
Freese, StL	93	340	50	108	.318
Posey, SF	93	334	41	106	.317
Braun, Mil	96	368	69	114	.310

Runs—Bourn, Atl, 70; CGonzalez, Col, 70; Braun, Mil, 69; McCutchen, Pit, 69; MeCabrera, SF, 68.
RBI — Beltran, StL, 75; Kubel, Arz, 72; CGonzalez, Col, 71; DWright, NY, 71; Holliday, StL, 70.
Wednesday's games not included

LATE TUESDAY

MARINERS 7, BLUE JAYS 2

Toronto	AB	R	H	BI	BB	SO	Avg.
Lawrie 3b	4	0	2	2	0	1	.287
Rasmus cf	4	0	0	0	0	1	.241
Encarnacion dh	3	0	0	0	1	1	.293
Cooper 1b	4	0	0	0	0	2	.271
Y.Escobar ss	4	0	1	0	0	1	.256
K.Johnson 2b	4	0	0	0	0	1	.236
R.Davis lf	4	0	1	0	0	1	.258
Mathis c	3	1	1	0	0	0	.248
Sierra rf	3	1	1	0	0	0	.333
Totals	**33**	**2**	**6**	**2**	**1**	**8**	
Seattle	**AB**	**R**	**H**	**BI**	**BB**	**SO**	**Avg.**
Ackley 2b	5	1	1	3	0	0	.224
C.Wells rf	4	0	0	0	1	0	.244
M.Saunders cf	4	1	0	0	0	1	.257
J.Montero dh	4	0	1	0	0	0	.263
Seager 3b	3	1	2	0	1	0	.251
Carp 1b	3	1	1	0	0	1	.209
Olivo c	4	1	2	2	0	1	.208
T.Robinson lf	3	2	2	1	1	1	.400
Ryan ss	4	0	3	1	0	1	.205
Totals	**34**	**7**	**12**	**7**	**3**	**5**	

Toronto	002		000		000			—2	6	1
Seattle	130		120		00x			—7	12	1

E—K.Johnson (10), Olivo (4). LOB—Toronto 5, Seattle 7. 2B—Lawrie (20), Olivo (8), T.Robinson (2). HR—Ackley (7), off Laffey. RBIs—Lawrie 2 (40), Ackley 3 (31), Olivo 2 (21), T.Robinson (2), Ryan (27). SB—Ackley (12). CS—Ackley (3), Seager (5).

Toronto	IP	H	R	ER	BB	SO	NP	ERA
Laffey L, 2-2	4⅓	9	7	7	2	0	75	4.20
Lyon	1⅓	1	0	0	0	3	26	0.00
Delabar	1	1	0	0	0	1	17	4.06
A.Carpenter	1	1	0	0	1	1	23	5.00
Seattle	**IP**	**H**	**R**	**ER**	**BB**	**SO**	**NP**	**ERA**
Vargas W, 12-7	7	5	2	2	1	4	103	3.71
Kelley	1	1	0	0	0	1	21	3.64
Kinney	1	0	0	0	0	3	12	2.08

Inherited runners-scored—Lyon 3-2. HBP—by Laffey (Carp). WP—Kelley.
T—2:54. A—21,434 (47,860).

BLUE JAYS STATISTICS

BATTERS	AB	R	H	HR	RBI	AVG
Sierra	3	1	1	0	0	.333
Encarnacion	362	66	106	28	72	.293
Lawrie	387	59	111	9	40	.287
Cooper	70	8	19	2	6	.271
Davis	229	39	59	6	26	.258
Escobar	379	49	97	7	35	.256
Mathis	101	17	25	5	13	.248
Bautista	328	63	80	27	65	.244
Arencibia	281	36	68	16	50	.242
Rasmus	386	54	93	18	64	.241
Johnson	351	46	83	11	39	.236
Lind	198	17	45	8	27	.227
Vizquel	92	10	20	0	3	.217
Gomes	53	7	11	3	10	.208
Gose	28	2	5	0	1	.179
PITCHERS	**W**	**L**	**SV**	**IP**	**SO**	**ERA**
Mathis	0	0	0	2.0	0	9.00
Lyon	1	0	0	4.1	9	0.00
Oliver	2	2	1	38.2	39	1.40
Janssen	1	1	13	39.2	41	2.27
Loup	0	1	0	9.2	6	2.79
Villanueva	6	0	0	61.2	65	2.92
Morrow	7	4	0	77.2	67	3.01
Perez	2	2	0	42.0	39	3.43
Frasor	1	1	0	36.0	45	4.00
Delabar	2	1	0	37.2	47	4.06
Laffey	2	2	0	49.1	26	4.20
Alvarez	7	7	0	126.0	48	4.43
Hutchison	5	3	0	58.2	49	4.60
Drabek	4	7	0	71.1	47	4.67
Carpenter	0	0	0	9.0	9	5.00
Happ	0	0	0	5.0	3	5.40
Cecil	2	4	0	45.1	41	5.56
Romero	8	8	0	129.2	92	5.69
Santos	0	1	2	5.0	4	9.00
Coello	0	1	0	6.1	11	12.79

Wednesday's game not included

CFL

EAST DIVISION

	GP	W	L	T	PF	PA	Pt
Hamilton	5	3	2	0	162	167	6
Toronto	5	3	2	0	129	133	6
Montreal	5	2	3	0	128	162	4
Winnipeg	5	1	4	0	101	163	2

WEST DIVISION

	GP	W	L	T	PF	PA	Pt
Saskatchewan	5	3	2	0	155	113	6
B.C.	5	3	2	0	140	110	6
Edmonton	5	3	2	0	101	79	6
Calgary	5	2	3	0	155	154	4

WEEK SIX
Byes: Calgary, Edmonton, Hamilton, Sask.
Friday's game
All times Eastern
Montreal at Winnipeg, 8:30 p.m.
Monday's game
B.C. at Toronto, 5 p.m.
WEEK SEVEN
Byes: B.C., Montreal, Toronto, Winnipeg
Thursday, Aug. 9
Calgary at Hamilton, 7 p.m.
Friday, Aug. 10
Saskatchewan at Edmonton, 9:30 p.m.

SCORING LEADERS

	TD	C	FG	S	Pts
Milo, Sask	0	16	11	6	55
McCallum, BC	0	14	13	1	54
Paredes, Cal	0	14	11	0	47
Whyte, Mtl	0	12	10	1	43
Palardy, Wpg	0	6	12	0	42
Shaw, Edm	0	8	10	1	39
x-Lewis, Cal	6	2	0	0	38
Congi, Ham	0	19	6	1	38
Prefontaine, Tor	0	5	10	2	37
Sheets, Sask	6	0	0	0	36
C.Williams, Ham	6	0	0	0	36
Walker, Ham	6	0	0	0	36
Boyd, Tor	4	0	0	0	24
Dressler, Sask	4	0	0	0	24
Harris, BC	4	0	0	0	24
Matthews, Wpg	4	0	0	0	24
Whitaker, Mtl	4	0	0	0	24
Charles, Edm	3	0	0	0	18
Cornish, Cal	3	0	0	0	18
Lavoie, Mtl	3	0	0	0	18
Owens, Tor	3	0	0	0	18
Waters, Tor	0	3	4	1	16
x-Fantuz, Ham	2	2	0	0	14
Bratton, Mtl	2	0	0	0	12
Brink, Wpg	2	0	0	0	12
Getzlaf, Sask	2	0	0	0	12
Gore, BC	2	0	0	0	12
Grant, Ham	2	0	0	0	12
Koch, Edm	2	0	0	0	12
Iannuzzi, BC	2	0	0	0	12
Inman, Tor	2	0	0	0	12
O.Jones, Ham	2	0	0	0	12
London, Mtl	2	0	0	0	12
Lulay, BC	2	0	0	0	12
Mitchell, Cal	2	0	0	0	12
Stephenson, Ham	2	0	0	0	12
Taylor, Cal	2	0	0	0	12
Alix, Tor	0	1	2	1	8
Barnes, Tor	1	0	0	0	6
Bekasiak, Mtl	1	0	0	0	6
T.Brown, BC	1	0	0	0	6
Bruce, BC	1	0	0	0	6
Burnett, Edm	1	0	0	0	6
Chambers, Edm	1	0	0	0	6
Cote, Cal	1	0	0	0	6
T.Edwards, Wpg	1	0	0	0	6
Green, Mtl	1	0	0	0	6
Foster, BC	1	0	0	0	6
Fraser, Cal	1	0	0	0	6
Hill, Edm	1	0	0	0	6
Hughes, Sask	1	0	0	0	6
J.Jackson, Tor	1	0	0	0	6
T.Jackson, Sask	1	0	0	0	6
K.Johnson, BC	1	0	0	0	6
Kent, Edm	1	0	0	0	6

TRANSACTIONS

BASEBALL

MLB

COMMISSIONER'S OFFICE — Suspended minor league free-agent RHP Starlyn Suriel 50 games after testing positive for metabolites of a performance-enhancing substance in violation of the Minor League Drug Prevention and Treatment Program.
LEAGUE OFFICE—Suspended Cincinnati C Devin Mesoraco 3 games & fined him undisclosed amount for making contact with umpire Chad Fairchild during Mon.'s game against San Diego.

AMERICAN LEAGUE

BOSTON RED SOX — Reinstated RHP Chris Carpenter from the 60-day DL & optioned him to Pawtucket (IL). Recalled C Ryan Lavarnway from Pawtucket (IL). Placed OF Daniel Nava on the 15-day DL, retroactive to July 29. Optioned RHP Clayton Mortensen to Pawtucket.
CLEVELAND INDIANS — Placed DH Travis Hafner on paternity list. Recalled INF/OF Vinny Rottino & RHP Corey Kluber from Columbus (IL).
L.A. ANGELS — Placed LHP Scott Downs on the 15-day DL, retroactive to July 28. Recalled LHP Hisanori Takahashi from Salt Lake (PCL).
KANSAS CITY ROYALS — Recalled RHP Jeremy Jeffress from Omaha (PCL).
NEW YORK YANKEES — Optioned INF Ramiro Pena to Scranton/Wilkes-Barre (IL). Released OF Dewayne Wise. Assigned RHP Charlie Short to Charleston (SAL).
SEATTLE MARINERS — Optioned OF Carlos Peguero to Tacoma (PCL).
TAMPA BAY RAYS — Released OF/DH Hideki Matsui.
TEXAS RANGERS — Optioned LHP Martin Perez to Round Rock (PCL).

NATIONAL LEAGUE

ARIZONA DIAMONDBACKS — Recalled LHP Patrick Corbin from Reno (PCL). Optioned RHP Brad Bergesen to Reno (PCL).
ATLANTA BRAVES — Optioned OF Jose Constanza to Gwinnett (IL).
CHICAGO CUBS — Optioned RHP Jake Brigham to Tennessee (SL) and RHP Casey Coleman and RHP Jaye Chapman to Iowa (PCL). Recalled RHP Alberto Cabrera and RHP Chris Volstad from Iowa (PCL).
CINCINNATI REDS — Optioned RHP Todd Redmond to Louisville (IL). Placed C Devin Mesoraco on 7-day concussion DL. Selected contract of C Dioner Navarro from Louisville (IL). Designated INF Mike Costanzo for assignment.
COLORADO ROCKIES — Reinstated C Wil Nieves from the 15-day DL and designated him for assignment. Named Bill Geivett senior vice-president of major league operations.
LOS ANGELES DODGERS — Designated OF Bobby Abreu for assignment.
MIAMI MARLINS — Optioned INF Zack Cox to Jacksonville (SL).
NEW YORK METS — Selected the contract of RHP Zack Wheeler from Buffalo (IL).
PHILADELPHIA PHILLIES — Designated INF Mike Fontenot for assignment. Recalled UT Michael Martinez from Lehigh Valley (IL). Transferred RHP David Herndon to the 60-day DL. Assigned C Tommy Joseph and RHP Ethan Martin to Reading (EL). Reassigned RHP Justin Friend from Lehigh Valley to Reading.
PITTSBURGH PIRATES — Optioned RHP Daniel McCutchen to Indianapolis (IL). Agreed to terms with RHP Erik Turgeon on a minor league contract. Assigned LHP Jhonathan Ramos to Bradenton (FSL) and RHP Kyle Kaminska to Altoona (EL).

FOOTBALL

CFL

LEAGUE OFFICE — Fined Mtl. LB Shea Emry for illegal block below the waist & B.C. LB Anthony Reddick for late hit during last week's games.
WINNIPEG BLUE BOMBERS — Released DL Rodney Fritz and DB Darrell Pasco.

NFL

ARIZONA CARDINALS — Signed RB Rich Ohrnberger and OL Thomas Clayton. Released WR Stanley Arukwe. Placed C Ryan Bartholomew on the waived-injured list.
BALTIMORE RAVENS — Signed TE Billy Bajema. Waived QB John Brantley.
N.Y. JETS — Waived S Tracy Wilson and FB Fui Vakapuna. Signed DB Devon Torrence.
PHILADELPHIA EAGLES — Signed WR Andrew Brewer. Waived WR Ronald Johnson.
PITTSBURGH STEELERS—Waived OT Bridger Buche.
TENNESSEE TITANS — Signed TE Joey Haynos and WR Marcus Harris.

HOCKEY

NHL

DETROIT RED WINGS — Signed a two-year affiliation agreement with Toledo (ECHL).
PHILADELPHIA FLYERS — Signed coach Peter Laviolette to a multiyear contract extension.

LACROSSE

NLL

COLORADO MAMMOTH — Designated franchise tags on F John Grant Jr. & F Gavin Prout.

SOCCER

MLS

EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
New York	22	11	6	5	38	32	38
Kansas City	22	11	7	4	27	21	37
Houston	22	10	5	7	33	25	37
D.C.	20	10	7	3	34	27	33
Chicago	21	9	7	5	23	23	32
Columbus	19	8	7	4	20	20	28
Montreal	24	8	13	3	33	43	27
New England	21	7	9	5	27	26	26
Philadelphia	19	6	11	2	21	23	20
Toronto	21	5	12	4	24	38	19

WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
San Jose	23	13	5	5	46	28	44
Salt Lake	23	13	7	3	35	27	42
Seattle	21	9	5	7	27	22	34
Vancouver	23	9	7	7	26	28	34
Los Angeles	23	10	10	3	39	35	33
Chivas USA	20	7	8	5	14	21	26
Colorado	22	7	14	1	28	32	22
Dallas	23	5	11	7	25	31	22
Portland	21	5	12	4	19	36	19

Note: Three points for a win, one for a tie.
Friday's game
All times Eastern
New York at Houston, 8 p.m.
Saturday's games
Columbus at D.C., 7:30 p.m.
Kansas City at New England, 7:30 p.m.
Philadelphia at Montreal, 7:30 p.m.
Toronto at Chicago, 8:30 p.m.
Salt Lake at Colorado, 9 p.m.
Sunday's games
Dallas at Portland, 7 p.m.
Los Angeles at Seattle, 9 p.m.

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Credit Counsellor

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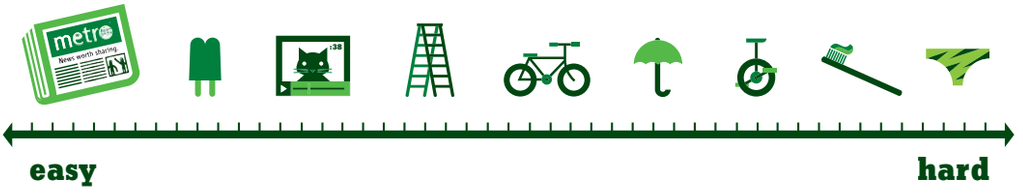

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ARAMARK Canada is a leader in providing managed services and is holding a job fair to fill F/T and P/T Cooks, Cashiers, Starbucks Baristas, General Helpers, Tim Hortons staff, and Supervisor positions at the University of Toronto downtown campus.

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ANNOUNCEMENTS

Community Events

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The study involves two 1 hour sessions, on the same day and will take place in our lab at York University or another convenient location.

We will compensate you for your time and travel expenses, and children will receive a token of appreciation (a movie pass). Older children will also receive a certificate for volunteer hours. You will also receive a brief report of your child's performance on the tasks.

For further information or to volunteer for the study, contact Lila Elkhadem, M.A.,
lila@yorku.ca
(416) 986-0366

Spiritual

THE SPIRITUAL MEANING OF YOUR DREAMS
Open Discussion, Wed., Aug 8, 7:30-9pm
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Horoscopes

♈ Aries
March 21 - April 20
You have the energy and the ambition to make something special of your life, but not everyone believes you are up to the task. Go out of your way to prove them wrong today. They won't doubt you much longer.

♉ Taurus
April 21 - May 21
You may be tempted to get involved in a friend's personal problems but that would be a big mistake. No matter how much you think they need help, the best thing you can do is steer clear — for now.

♊ Gemini
May 22 - June 21
The Sun in Leo is good for Geminis but today's full moon could bring some kind of setback. If travel or social plans have to be changed, there is no point getting mad about it. Just go with the flow.

♋ Cancer
June 22 - July 23
Today's full moon takes place in the wealth sector of your chart, so you would be wise not to take chances with money, either your own or other people's. A little caution is by far the best investment.

♌ Leo
July 24 - Aug. 23
The Sun in your sign makes all things possible but it doesn't get rid of those annoying people who always seem to be telling you not to take risks. No one tells a Leo to do anything and gets away with it!

♍ Virgo
Aug. 24 - Sept. 23
You may decide, with good reason, that you don't want to take on extra duties on the work front, and you are within your rights to say so. You're not interested in doing more — you want to do better.

♎ Libra
Sept. 24 - Oct. 23
There is a luck factor working in your favour at the moment but don't take it for granted. Today's full moon will in some way remind you that fate has a tendency to change just when we least expect it.

♏ Scorpio
Oct. 24 - Nov. 22
You may be ambitious at the moment but today's full moon could bring an element of self-doubt into your life. Scorpio, self doubt? Is that possible? Yes it is, but only in the short-term.

♐ Sagittarius
Nov. 23 - Dec. 21
You may be tempted to slow down and enjoy the fruits of your success but while the momentum is on your side you really ought to make the most of it. Do something outstanding today.

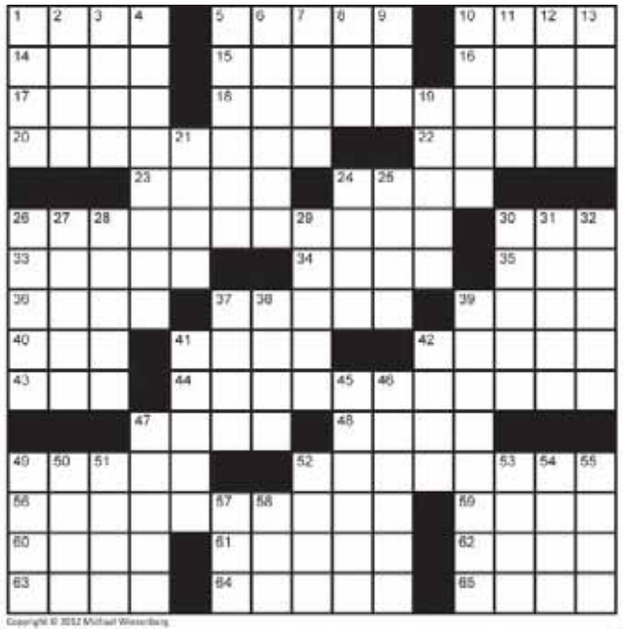
♑ Capricorn
Dec. 22 - Jan. 20
The planets warn that nothing is what it seems at the moment, so make an effort to read between the lines, especially when there is money at stake. Accept nothing on trust — always demand facts and figures.

♒ Aquarius
Jan. 21 - Feb. 19
It does not matter how worked up you get about various injustices, you won't be able to change anything. All you can do is take care of your own life. Others will follow your example.

♓ Pisces
Feb. 20 - March 20
The best way to forget your worries is to throw yourself into your work. By focusing your conscious mind on the task at hand, you free your subconscious mind to find the answers for you. It won't take long. SALLY BROMPTON

Crossword: This and That

BY MICHAEL WIESENBERG



Across

1. Actress Watson of Harry Potter movies
5. Ontario and Great Slave
10. Alberta-based power distribution company that controls its operations through Canadian Utilities
14. Car top
15. Internet-based periodical, familiarly
16. "Ouch!"
17. "What business is ___ yours?"
18. Montréal's ___ Seaway
20. Canada's 20th PM, 1993-2003
22. Arm bones
23. Gator's cousin
24. Three tsps.
26. Hamilton-born SCTV and SNL graduate who starred in *Three Amigos, Innerspace, Pure Luck, Mars Attacks!, Father of the Bride, and Father of the Bride Part 2*
30. "Do ___ say!"
33. "I don't want to hear ___ out of you!"
34. Modest response to praise
35. Wheat part
36. Caked deposit
37. Toronto-born *60 Minutes* regular Morley
39. Huff
40. Not hers
41. "___ Want for Christmas ..."
42. Big spoon
43. Bullfight "Bravo!"
44. Kitchener-born Miss Moneypenny player in many Bond movies
47. Stereo brand
48. French assents
49. Big name in dental care
52. Ontario neighbor
56. Canada's government
59. Iraqi or Lebanese
60. Songstress James of jazz
61. "Ready or not, ___ come!"
62. *The Thomas Crown Affair* costar Russo
63. ATM offering
64. Cubic metre
65. Does lawn repair

Down

1. Guitarist Clapton
2. Butterfly relative
3. Tie up, in a way
4. Impacted
5. Skin wound
6. Early Mexicans
7. Brick-baking oven
8. Old Spanish queen or Bambi's aunt (NAE anagram)
9. Repair tears
10. "The dog gave ___ when the boy kicked it"
11. Ala. neighbor
12. ___-Cola
13. Is in debt
19. Out of practice
21. Stumble
24. Kind of bag
25. "It's c-c-c-cold!"
26. Chest-thumping
27. Taxing month
28. Employ again
29. Stereos
30. *Biography* cable channel
31. Unappetizing fare
32. "___ Inside": computer slogan
37. Decelerate
38. Et ___: and others (Lat.)
39. Reacted to a knockout
41. Excuse
42. Half CXXIV
45. Bellyacher
46. Em or Mame
47. Moslem deity
49. Org. that includes Venezuela and Ecuador
50. ___-tat-tat: machinegun sound
51. Painting and sculpture, e.g.
52. Just
53. Some kids eat the middle of this first
54. Rock group
55. President Lincoln and namesakes
57. Contented comments
58. Encountered

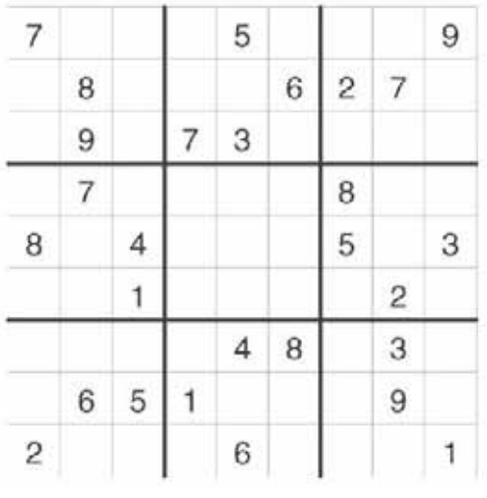
Yesterday's crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.



Yesterday's Sudoku

Today 33°/18° Variable
Friday 29°/21° Partly cloudy
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